



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

**Haferanke, Manfred**

Club: Lauffreunde Gotha  
Number: 960

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:12:57

Speed: 9.05 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 24 (of 28)

Rank in course/Men: 17 (of 19)

Best time in course: 48:25

Rank in category: 2(of 2)

Best time in the category: 1:11:51