



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

Gramsch, Alara

Club: Ilmenau  
Number: 467

Course: 11.50 km  
11 km Nordic Walking

Category:  
Frauen

Total time: 1:48:23

Speed: 6.09 km/h  
Running performance: 9:25 min/km

Rank in course/Total: 6 (of 8)

Rank in course/Women: 3 (of 4)

Best time in course: 1:46:21

Rank in category: 3(of 4)

Best time in the category: 1:46:21