



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

Raschke, Henry

Club: Ilmenau  
Number: 886

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:35:32

Speed: 10.05 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 19 (of 24)

Rank in course/Men: 17 (of 20)

Best time in course: 1:09:43

Rank in category: 2(of 2)

Best time in the category: 1:26:10