



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig  
Number: 880

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:36:57

Speed: 9.90 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 21 (of 24)

Rank in course/Men: 18 (of 20)

Best time in course: 1:09:43

Rank in category: 3(of 4)

Best time in the category: 1:22:29