



41. Kienberglauf  
Oehrenstock / 25.09.2022

## Detailed evaluation

**Köchert, Oliver**

Club: Karate Heyda  
Number: 942

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:20:22

Speed: 11.95 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 7 (of 19)

Rank in course/Men: 7 (of 13)

Best time in course: 1:08:47

Rank in category: 2(of 2)

Best time in the category: 1:10:47