



41. Kienberglauf  
Oehrenstock / 25.09.2022

## Detailed evaluation

**Dehmel, Gerhard**

Club: ThwV Ilmenau  
Number: 500

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M80 (80-84 Jahre)

Total time: 1:23:21

Speed: 7.92 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 19 (of 20)

Rank in course/Men: 12 (of 13)

Best time in course: 48:19

Rank in category: 1(of 1)

Best time in the category: 1:23:21