



41. Kienberglauf  
Oehrenstock / 25.09.2022

## Detailed evaluation

**Senglaub, Arvid**

Club: Die flinken Gerataler  
Number: 939

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:26:03

Speed: 11.16 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 10 (of 19)

Rank in course/Men: 9 (of 13)

Best time in course: 1:08:47

Rank in category: 2(of 3)

Best time in the category: 1:08:47