



41. Kienberglauf  
Oehrenstock / 25.09.2022

## Detailed evaluation

**Krämer, Sascha**

Club: Dream Team Ilmenau  
Number: 931

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:31:54

Speed: 10.45 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 13 (of 19)

Rank in course/Men: 12 (of 13)

Best time in course: 1:08:47

Rank in category: 1(of 1)

Best time in the category: 1:31:54