



41. Kienberglauf
Oehrenstock / 25.09.2022

Detailed evaluation

Widder, Lutz

Club: Oehrenstock
Number: 518

Course: 11.50 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:26

Speed: 11.10 km/h
Running performance: 5:10 min/km

Rank in course/Total: 8 (of 20)

Rank in course/Men: 7 (of 13)

Best time in course: 48:19

Rank in category: 1(of 1)

Best time in the category: 59:26