



33. Kickelhahn Berglauf
Ilmenau, Hammergrund / 24.05.2023

Detailed evaluation

Konieczny, Lars

Club: Fit Mit Schmidt
Number: 80

Course: 5.70 km
Kickelhahn Berglauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 32:17

Speed: 9.29 km/h
Running performance: 5:40 min/km

Rank in course/Total: 30 (of 85)

Rank in course/Men: 29 (of 63)

Best time in course: 24:34

Rank in category: 3(of 8)

Best time in the category: 30:57