



33. Kickelhahn Berglauf  
Ilmenau, Hammergrund / 24.05.2023

Detailed evaluation

**Nehr, Ralf**

Club: X-Runners Jena  
Number: 69

Course: 5.70 km  
Kickelhahn Berglauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 32:19

Speed: 9.28 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 31 (of 85)

Rank in course/Men: 30 (of 63)

Best time in course: 24:34

Rank in category: 2(of 7)

Best time in the category: 29:19