



33. Kickelhahn Berglauf  
Ilmenau, Hammergrund / 24.05.2023

Detailed evaluation

Lindenlaub, Ralf

Club: Die Flinken Gerataler  
Number: 81

Course: 5.70 km  
Kickelhahn Berglauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 37:17

Speed: 8.05 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 58 (of 85)

Rank in course/Men: 48 (of 63)

Best time in course: 24:34

Rank in category: 4(of 8)

Best time in the category: 31:53