



33. Kickelhahn Berglauf  
Ilmenau, Hammergrund / 24.05.2023

Detailed evaluation

Grube, Heiko

Club: Ilmenau  
Number: 85

Course: 5.70 km  
Kickelhahn Berglauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 42:59

Speed: 6.98 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 77 (of 85)

Rank in course/Men: 58 (of 63)

Best time in course: 24:34

Rank in category: 4(of 5)

Best time in the category: 28:29