



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

Rückert, Jonas

Club: Ilmenau-Roda  
Number: 885

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 55:04

Speed: 12.53 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 6 (of 37)

Rank in course/Men: 5 (of 23)

Best time in course: 44:59

Rank in category: 3(of 5)

Best time in the category: 44:59