



42. Kienberglauf
Oehrenstock / 24.09.2023

Detailed evaluation

Gaede, Marcus

Club: LC Ron-Hill Berlin
Number: 849

Course: 11.50 km
11 km Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:02:38

Speed: 10.54 km/h
Running performance: 5:27 min/km

Rank in course/Total: 15 (of 37)

Rank in course/Men: 11 (of 23)

Best time in course: 44:59

Rank in category: 1(of 2)

Best time in the category: 1:02:38