



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

Ziermann, Olaf

Club: Thüringen - Arnstadt  
Number: 532

Course: 11.50 km  
11 km Nordic Walking

Category:  
Männer

Total time: 1:33:52

Speed: 7.03 km/h  
Running performance: 8:10 min/km

Rank in course/Total: 2 (of 14)

Rank in course/Men: 1 (of 2)

Best time in course: 1:33:52

Rank in category: 1(of 2)

Best time in the category: 1:33:52