



42. Kienberglauf
Oehrenstock / 24.09.2023

Detailed evaluation

Widder, Lutz

Club: HSV Ilmenau
Number: 805

Course: 11.50 km
11 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 59:30

Speed: 11.60 km/h
Running performance: 5:10 min/km

Rank in course/Total: 9 (of 37)

Rank in course/Men: 7 (of 23)

Best time in course: 44:59

Rank in category: 2(of 2)

Best time in the category: 58:36