



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

Sachs, Frank

Number: 801

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:12:34

Speed: 9.10 km/h

Running performance: 6:19 min/km

Rank in course/Total: 30 (of 37)

Rank in course/Men: 20 (of 23)

Best time in course: 44:59

Rank in category: 2(of 2)

Best time in the category: 1:02:38