



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

**Dehmel, Gerhard**

Club: ThwV Ilmenau  
Number: 847

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M80 (80-84 Jahre)

Total time: 1:23:27

Speed: 8.27 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 37 (of 37)

Rank in course/Men: 23 (of 23)

Best time in course: 44:59

Rank in category: 1(of 1)

Best time in the category: 1:23:27