



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

Köchert, Oliver

Number: 944

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:24:32

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 6 (of 16)

Rank in course/Men: 5 (of 11)

Best time in course: 1:03:08

Rank in category: 2(of 2)

Best time in the category: 1:09:27