



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

Discher, Sven

Club: Ilmenau  
Number: 910

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:29:36

Speed: 11.12 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 8 (of 16)

Rank in course/Men: 7 (of 11)

Best time in course: 1:03:08

Rank in category: 2(of 3)

Best time in the category: 1:11:30