



42. Kienberglauf  
Oehrenstock / 24.09.2023

## Detailed evaluation

Heusing, Nicole

Number: 920

Course: 16.60 km  
16 km Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:33:57

Speed: 10.22 km/h

Running performance: 5:40 min/km

Rank in course/Total: 12 (of 16)

Rank in course/Women: 3 (of 5)

Best time in course: 1:09:00

Rank in category: 1(of 1)

Best time in the category: 1:33:57