



43. Kienberglauf  
Oehrenstock / 29.09.2024

Detailed evaluation

Frenzel, Sebastian

Club: Burggassenflitzer  
Number: 810

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 58:55

Speed: 11.20 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 3 (of 23)

Rank in course/Men: 3 (of 15)

Best time in course: 52:22

Rank in category: 2(of 2)

Best time in the category: 52:22