



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

Raschke, Henry

Number: 828

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 59:11

Speed: 11.15 km/h

Running performance: 5:09 min/km

Rank in course/Total: 4 (of 23)

Rank in course/Men: 4 (of 15)

Best time in course: 52:22

Rank in category: 1(of 1)

Best time in the category: 59:11