



43. Kienberglauf  
Oehrenstock / 29.09.2024

Detailed evaluation

Heym, Andreas

Club: EDEKA-Team ERFURT  
Number: 814

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 59:41

Speed: 11.06 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 5 (of 23)

Rank in course/Men: 5 (of 15)

Best time in course: 52:22

Rank in category: 1(of 1)

Best time in the category: 59:41