



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

**Schwarz, Karsten**

Club: Die Flinken Gerataler  
Number: 824

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:09:50

Speed: 9.45 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 12 (of 23)

Rank in course/Men: 10 (of 15)

Best time in course: 52:22

Rank in category: 1(of 1)

Best time in the category: 1:09:50