



43. Kienberglauf
Oehrenstock / 29.09.2024

Detailed evaluation

Senglaub, Arvid

Club: Die flinken Gerataler
Number: 967

Course: 16.60 km
16 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:24:14

Speed: 11.40 km/h
Running performance: 5:04 min/km

Rank in course/Total: 10 (of 23)

Rank in course/Men: 10 (of 15)

Best time in course: 1:06:50

Rank in category: 3(of 4)

Best time in the category: 1:07:38