



43. Kienberglauf
Oehrenstock / 29.09.2024

Detailed evaluation

Lindenlaub, Ralf

Club: Die Flinken Gerataler
Number: 961

Course: 16.60 km
16 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:27:57

Speed: 10.92 km/h
Running performance: 5:18 min/km

Rank in course/Total: 13 (of 23)

Rank in course/Men: 13 (of 15)

Best time in course: 1:06:50

Rank in category: 4(of 4)

Best time in the category: 1:07:38