



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

**Albs-Wittstock, Manuela**

Club: Wandergruppe lustig  
Number: 602

Course: 16.60 km  
16 km Nordic Walking

Category:  
Frauen

Total time: 3:04:58

Speed: 5.19 km/h  
Running performance: 11:08 min/km

Rank in course/Total: 5 (of 8)

Rank in course/Women: 4 (of 7)

Best time in course: 2:19:29

Rank in category: 4(of 7)

Best time in the category: 2:19:29