



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

Hvrnlein, Joerg

Club: Ilmenau  
Number: 218

Course: 4.42 km  
5 km Jedermannslauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 24:45

Speed: 9.70 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 3 (of 9)

Rank in course/Men: 2 (of 6)

Best time in course: 23:07

Rank in category: 1(of 1)

Best time in the category: 24:45