



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

**DAMERIUS, KENNY**

Club: Jesuborn  
Number: 209

Course: 4.42 km  
5 km Jedermannslauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 29:29

Speed: 8.14 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 6 (of 9)

Rank in course/Men: 5 (of 6)

Best time in course: 23:07

Rank in category: 1(of 1)

Best time in the category: 29:29