



43. Kienberglauf
Oehrenstock / 29.09.2024

Detailed evaluation

Teiwes, Andreas

Club: Ilmenau
Number: 212

Course: 4.42 km
5 km Jedermannslauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 29:55

Speed: 8.02 km/h
Running performance: 6:46 min/km

Rank in course/Total: 7 (of 9)

Rank in course/Men: 6 (of 6)

Best time in course: 23:07

Rank in category: 4(of 4)

Best time in the category: 23:07