



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

Vock, Lavinia

Club: Ilmenau  
Number: 213

Course: 4.42 km  
5 km Jedermannslauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 34:10

Speed: 7.02 km/h  
Running performance: 7:44 min/km

Rank in course/Total: 8 (of 9)  
Rank in course/Women: 2 (of 3)  
Best time in course: 24:39

Rank in category: 2(of 2)  
Best time in the category: 24:39