



6. Kanonenbahnlauf
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Arnhold, Gerd

Club: Rennsteiglaufverein
Number: 143

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M45

Total time: 1:20:18

Speed: 11.96 km/h
Running performance: 5:01 min/km

Rank in course/Total: 43 (of 104)

Rank in course/Men: 40 (of 85)

Best time in course: 1:02:11

Rank in category: 5(of 10)

Best time in the category: 1:08:50