



8. Kanonenbahnlauf  
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Nowag, Hans-Jürgen

Club: TG Northeim  
Number: 759

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M60

Total time: 1:17:35

Speed: 12.37 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 14 (of 83)

Rank in course/Men: 13 (of 66)

Best time in course: 1:02:34

Rank in category: 1(of 4)

Best time in the category: 1:17:35