



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Holst, Ulrich

Club: Göttingen  
Number: 70

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M50

Total time: 1:17:39

Speed: 12.36 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 22 (of 70)

Rank in course/Men: 22 (of 57)

Best time in course: 59:51

Rank in category: 3(of 12)

Best time in the category: 1:11:28