



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Nowag, Hans Jürgen

Club: TG Northeim  
Number: 129

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M60

Total time: 32:59

Speed: 12.73 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 25 (of 51)

Rank in course/Men: 25 (of 42)

Best time in course: 24:27

Rank in category: 1(of 3)

Best time in the category: 32:59