



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Jakob, Thomas

Club: Lutter  
Number: 62

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M40

Total time: 1:12:46

Speed: 13.19 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 10 (of 70)

Rank in course/Men: 10 (of 57)

Best time in course: 59:51

Rank in category: 3(of 10)

Best time in the category: 1:04:32