



10. Kanonenbahnlauf
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Lämmerhirt, Dennis

Club: Waspo 08 Göttingen Triathlon
Number: 69

Course: 16.00 km
Kanonenbahnlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:27

Speed: 13.82 km/h
Running performance: 4:20 min/km

Rank in course/Total: 7 (of 79)

Rank in course/Men: 7 (of 71)

Best time in course: 1:04:14

Rank in category: 2(of 7)

Best time in the category: 1:08:36