



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

**Spangenberg, Andreas**

Club: TSV 1880 Gera-Zwötzen  
Number: 54

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:12:17

Speed: 13.28 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 11 (of 79)

Rank in course/Men: 11 (of 71)

Best time in course: 1:04:14

Rank in category: 3(of 7)

Best time in the category: 1:08:36