



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Jakob, Thomas

Club: SG Lutter  
Number: 46

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:15:28

Speed: 12.72 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 16 (of 79)

Rank in course/Men: 16 (of 71)

Best time in course: 1:04:14

Rank in category: 2(of 10)

Best time in the category: 1:14:58