



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Sieber, René

Club: fit & run  
Number: 18

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:23:09

Speed: 11.55 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 39 (of 79)

Rank in course/Men: 38 (of 71)

Best time in course: 1:04:14

Rank in category: 8(of 12)

Best time in the category: 1:06:33