



10. Kanonenbahnlauf
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Nowinski, Carsten

Club: Lengenfeld unterm Stein
Number: 14

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer (20-29 Jahre)

Total time: 1:26:34

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 47 (of 79)

Rank in course/Men: 45 (of 71)

Best time in course: 1:04:14

Rank in category: 8(of 11)

Best time in the category: 1:04:14