



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

**Hemmerden, Manfred**

Club: 1.SC 1911Heiligenstadt  
Number: 36

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:43:49

Speed: 9.25 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 74 (of 79)

Rank in course/Men: 68 (of 71)

Best time in course: 1:04:14

Rank in category: 4(of 4)

Best time in the category: 1:19:24