



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Hildebrand, Herbert

Club: Sonneberg  
Number: 103

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 45:38

Speed: 9.20 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 57 (of 64)

Rank in course/Men: 42 (of 44)

Best time in course: 24:28

Rank in category: 5(of 5)

Best time in the category: 31:23