



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

**Keppler, Bernd**

Club: Möllner SV  
Number: 185

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:40

Speed: 14.19 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 3 (of 83)

Rank in course/Men: 3 (of 73)

Best time in course: 1:06:14

Rank in category: 1(of 16)

Best time in the category: 1:07:40