



11. Kanonenbahnlauf
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Lämmerhirt, Dennis

Club: Waspo 08 Göttingen Triathlon
Number: 191

Course: 16.00 km
Kanonenbahnlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:15:46

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 13 (of 83)

Rank in course/Men: 13 (of 73)

Best time in course: 1:06:14

Rank in category: 1(of 5)

Best time in the category: 1:15:46