



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

**Rolf, Lars**

Club: Non-Stop-Ultra Brakel  
Number: 383

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:15:55

Speed: 12.65 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 14 (of 83)

Rank in course/Men: 14 (of 73)

Best time in course: 1:06:14

Rank in category: 5(of 11)

Best time in the category: 1:06:14