



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