



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Krüger, Frank

Club: Küllstedt  
Number: 473

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:18:16

Speed: 12.27 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 19 (of 83)

Rank in course/Men: 19 (of 73)

Best time in course: 1:06:14

Rank in category: 6(of 16)

Best time in the category: 1:07:40