



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Hoffmann, Harald

Club: Rodeberg OT Struth  
Number: 179

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:25:03

Speed: 11.29 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 34 (of 83)

Rank in course/Men: 33 (of 73)

Best time in course: 1:06:14

Rank in category: 10(of 16)

Best time in the category: 1:07:40