



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Nowinski, Carsten

Club: Schmalkalden  
Number: 196

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer (20-29 Jahre)

Total time: 1:26:17

Speed: 11.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 43 (of 83)

Rank in course/Men: 42 (of 73)

Best time in course: 1:06:14

Rank in category: 7(of 11)

Best time in the category: 1:09:46