



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Gille, Wiegbert

Club: VfL Hüpstedt  
Number: 379

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:33:16

Speed: 10.29 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 61 (of 83)

Rank in course/Men: 59 (of 73)

Best time in course: 1:06:14

Rank in category: 5(of 6)

Best time in the category: 1:12:38