



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Rinke, Gerhard

Club: 1.SC 1911 Heiligenstadt  
Number: 219

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:38:04

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 67 (of 83)

Rank in course/Men: 64 (of 73)

Best time in course: 1:06:14

Rank in category: 6(of 6)

Best time in the category: 1:12:38