



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Schlichting, Gerhard

Club: Lengenfeld unterm Stein  
Number: 277

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:48:32

Speed: 8.85 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 75 (of 83)

Rank in course/Men: 69 (of 73)

Best time in course: 1:06:14

Rank in category: 16(of 16)

Best time in the category: 1:07:40