



12. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

Vasterling, Frank

Club: TSV Jahn Geisleden  
Number: 344

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:10:33

Speed: 13.61 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 4 (of 73)

Rank in course/Men: 4 (of 63)

Best time in course: 59:28

Rank in category: 2(of 8)

Best time in the category: 1:05:50