



12. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

Helbing, Benjamin

Club: Struth  
Number: 498

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer (20-29 Jahre)

Total time: 1:27:22

Speed: 10.99 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 35 (of 73)

Rank in course/Men: 34 (of 63)

Best time in course: 59:28

Rank in category: 8(of 12)

Best time in the category: 1:02:52