



12. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

Teupel, Stephan

Club: Team Eichsfeld  
Number: 377

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 28:42

Speed: 14.63 km/h  
Running performance: 4:06 min/km

Rank in course/Total: 11 (of 71)

Rank in course/Men: 11 (of 53)

Best time in course: 24:13

Rank in category: 3(of 9)

Best time in the category: 25:16