



13. Kanonenbahnlauf

Lengenfeld unterm Stein / 27.06.2015

Detailed evaluation

Quast, Holger

Club: Mühlhausen

Number: 412

Course: 16.00 km

Kanonenbahnlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:37:34

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 60 (of 76)

Rank in course/Men: 53 (of 61)

Best time in course: 1:02:23

Rank in category: 7(of 7)

Best time in the category: 1:07:14