



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Zieger, Jan-Frederik

Club: Lauflin Team Göttingen  
Number: 561

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:14:05

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 10 (of 53)

Rank in course/Men: 10 (of 42)

Best time in course: 1:05:01

Rank in category: 3(of 4)

Best time in the category: 1:10:14