



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Hesse, Uwe

Club: Physio-K-Hesse  
Number: 571

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:15:48

Speed: 12.66 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 11 (of 53)

Rank in course/Men: 11 (of 42)

Best time in course: 1:05:01

Rank in category: 1(of 4)

Best time in the category: 1:15:48