



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

**Nebelung, Marco**

Club: FSG 99 Salza Nordhausen  
Number: 578

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:20:32

Speed: 11.92 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 15 (of 53)

Rank in course/Men: 15 (of 42)

Best time in course: 1:05:01

Rank in category: 5(of 6)

Best time in the category: 1:05:01