



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Montag, Holger

Club: Faulungen  
Number: 215

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:26:42

Speed: 11.07 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 23 (of 53)

Rank in course/Men: 22 (of 42)

Best time in course: 1:05:01

Rank in category: 5(of 10)

Best time in the category: 1:13:56