



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

**Knoth, Thomas**

Club: SV Kalteneber  
Number: 587

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:32:15

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 29 (of 53)

Rank in course/Men: 28 (of 42)

Best time in course: 1:05:01

Rank in category: 6(of 9)

Best time in the category: 1:09:42