



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Hemmerden, Manfred

Club: 1.SC1911Heiligenstadt  
Number: 525

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:48:03

Speed: 8.88 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 45 (of 53)

Rank in course/Men: 36 (of 42)

Best time in course: 1:05:01

Rank in category: 1(of 1)

Best time in the category: 1:48:03