



14. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Albrecht, Tino

Club: DJK Arenshausen  
Number: 526

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 29:53

Speed: 14.05 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 13 (of 52)

Rank in course/Men: 13 (of 38)

Best time in course: 24:19

Rank in category: 1(of 3)

Best time in the category: 29:53