



14. Kanonenbahnlauf
Lengenfeld unterm Stein / 25.06.2016

Detailed evaluation

Koch, Konrad

Club: Geismar
Number: 688

Course: 7.00 km
Kleiner Kanonenbahnlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 38:25

Speed: 10.93 km/h
Running performance: 5:29 min/km

Rank in course/Total: 42 (of 52)

Rank in course/Men: 33 (of 38)

Best time in course: 24:19

Rank in category: 3(of 4)

Best time in the category: 28:22