



6. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

**Helke, Andreas**

Club: Bieberschlug  
Number: 310

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M40

Total time: 1:20:31

Speed: 11.92 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 44 (of 104)

Rank in course/Men: 41 (of 85)

Best time in course: 1:02:11

Rank in category: 14(of 24)

Best time in the category: 1:04:56