



6. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

**Jähn, Stefan**

Club: SV Gernrode  
Number: 375

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M30

Total time: 1:20:56

Speed: 11.86 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 48 (of 104)

Rank in course/Men: 44 (of 85)

Best time in course: 1:02:11

Rank in category: 6(of 10)

Best time in the category: 1:02:11