



6. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Plafki, Christian

Club: VFL Wanfried  
Number: 383

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M30

Total time: 30:12

Speed: 13.91 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 16 (of 47)

Rank in course/Men: 15 (of 39)

Best time in course: 22:11

Rank in category: 2(of 2)

Best time in the category: 24:29