



6. Kanonenbahnlauf
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Kremberg, Ralf

Club: Mühlhausen

Number: 345

Course: 7.00 km

Kleiner Kanonenbahnlauf

Category:

Männer M45

Total time: 31:52

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 24 (of 47)

Rank in course/Men: 21 (of 39)

Best time in course: 22:11

Rank in category: 1(of 3)

Best time in the category: 31:52