



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Zimmermann, Dirk

Club: AC Apolda  
Number: 100

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M40

Total time: 1:09:40

Speed: 13.78 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 7 (of 96)

Rank in course/Men: 7 (of 86)

Best time in course: 1:04:25

Rank in category: 2(of 11)

Best time in the category: 1:06:25