



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Hildebrand, Achim

Club: BSV Blau-Weiß 22 Lengenfeld unterm Stein  
Number: 36

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:09:44

Speed: 13.77 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 8 (of 96)

Rank in course/Men: 8 (of 86)

Best time in course: 1:04:25

Rank in category: 1(of 18)

Best time in the category: 1:09:44