



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Hey, Herbert

Club: LTV Erfurt  
Number: 93

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M50

Total time: 1:10:29

Speed: 13.62 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 11 (of 96)

Rank in course/Men: 11 (of 86)

Best time in course: 1:04:25

Rank in category: 2(of 8)

Best time in the category: 1:09:36