



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Frontke, Thomas**

Club: Bickenriede  
Number: 65

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:11:52

Speed: 13.36 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 14 (of 96)

Rank in course/Men: 13 (of 86)

Best time in course: 1:04:25

Rank in category: 2(of 18)

Best time in the category: 1:09:44