



7. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Lämmerhirt, Dennis

Club: NOVELIS Göttingen Laufteam
Number: 5

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M20

Total time: 1:13:38

Speed: 13.04 km/h
Running performance: 4:36 min/km

Rank in course/Total: 21 (of 96)

Rank in course/Men: 20 (of 86)

Best time in course: 1:04:25

Rank in category: 3(of 9)

Best time in the category: 1:08:49