



7. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Jakob, Andreas

Club: ESV 74 Bernterode
Number: 97

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M45

Total time: 1:13:56

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 23 (of 96)

Rank in course/Men: 22 (of 86)

Best time in course: 1:04:25

Rank in category: 3(of 18)

Best time in the category: 1:09:44