



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Montag, Holger

Club: SV Normania Treffurt  
Number: 56

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M35

Total time: 1:14:56

Speed: 12.81 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 26 (of 96)

Rank in course/Men: 25 (of 86)

Best time in course: 1:04:25

Rank in category: 3(of 13)

Best time in the category: 1:09:06