



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Freund, Manuel

Club: SG Kreuzebra  
Number: 91

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M30

Total time: 1:19:00

Speed: 12.15 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 38 (of 96)

Rank in course/Men: 37 (of 86)

Best time in course: 1:04:25

Rank in category: 5(of 13)

Best time in the category: 1:12:40