



7. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Henning, Jürgen

Club: Spvgg Faulungen
Number: 12

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M45

Total time: 1:19:41

Speed: 12.05 km/h
Running performance: 4:59 min/km

Rank in course/Total: 41 (of 96)

Rank in course/Men: 40 (of 86)

Best time in course: 1:04:25

Rank in category: 6(of 18)

Best time in the category: 1:09:44