



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Koch, Thomas

Club: Uder  
Number: 64

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:20:55

Speed: 11.86 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 45 (of 96)

Rank in course/Men: 43 (of 86)

Best time in course: 1:04:25

Rank in category: 8(of 18)

Best time in the category: 1:09:44