



7. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Löser, Raik

Club: Budokan Heiligenstadt
Number: 30

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M35

Total time: 1:21:10

Speed: 11.83 km/h
Running performance: 5:04 min/km

Rank in course/Total: 47 (of 96)

Rank in course/Men: 45 (of 86)

Best time in course: 1:04:25

Rank in category: 6(of 13)

Best time in the category: 1:09:06