



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Pöhls, Erika**

Club: Lauflin-Team Göttingen  
Number: 20

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Frauen W50

Total time: 1:21:29

Speed: 11.78 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 48 (of 96)  
Rank in course/Women: 3 (of 10)  
Best time in course: 1:10:37

Rank in category: 1(of 2)  
Best time in the category: 1:21:29