



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Vollmer, Thomas**

Club: Lengenfeld unterm Stein  
Number: 88

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M30

Total time: 1:22:13

Speed: 11.68 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 50 (of 96)

Rank in course/Men: 47 (of 86)

Best time in course: 1:04:25

Rank in category: 8(of 13)

Best time in the category: 1:12:40