



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Sieber, René**

Club: Ecklingerode  
Number: 2

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:28:31

Speed: 10.85 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 62 (of 96)

Rank in course/Men: 58 (of 86)

Best time in course: 1:04:25

Rank in category: 10(of 18)

Best time in the category: 1:09:44