



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Kühmel, Uwe**

Club: Team Redneck  
Number: 38

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:34:24

Speed: 10.17 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 76 (of 96)

Rank in course/Men: 69 (of 86)

Best time in course: 1:04:25

Rank in category: 11(of 18)

Best time in the category: 1:09:44