



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Pöhls, Wolfgang**

Club: Laufline-Team göttingen  
Number: 45

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M55

Total time: 1:34:49

Speed: 10.12 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 77 (of 96)

Rank in course/Men: 70 (of 86)

Best time in course: 1:04:25

Rank in category: 2(of 4)

Best time in the category: 1:30:06