



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Dr. Rudert, Volkhart**

Club: LG Rheinfront  
Number: 47

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M70

Total time: 1:39:50

Speed: 9.62 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 83 (of 96)

Rank in course/Men: 75 (of 86)

Best time in course: 1:04:25

Rank in category: 1(of 1)

Best time in the category: 1:39:50