



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Hemmerden, Manfred

Club: Heiligenstadt  
Number: 43

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M55

Total time: 1:43:35

Speed: 9.27 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 88 (of 96)

Rank in course/Men: 80 (of 86)

Best time in course: 1:04:25

Rank in category: 3(of 4)

Best time in the category: 1:30:06