



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Schlichting, Gerhard

Club: Blau Weiss 22 Lengenfeld Stein  
Number: 40

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:44:31

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 90 (of 96)

Rank in course/Men: 82 (of 86)

Best time in course: 1:04:25

Rank in category: 16(of 18)

Best time in the category: 1:09:44