



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Steinwachs, Konrad**

Club: BSV BW 22 Lengenfeld unterm Stein  
Number: 156

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M20

Total time: 32:05

Speed: 13.09 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 25 (of 60)

Rank in course/Men: 24 (of 50)

Best time in course: 25:22

Rank in category: 4(of 13)

Best time in the category: 26:36