



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Kremberg, Ralf

Club: Mühlhausen  
Number: 209

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M45

Total time: 33:04

Speed: 12.70 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 28 (of 60)

Rank in course/Men: 26 (of 50)

Best time in course: 25:22

Rank in category: 2(of 4)

Best time in the category: 30:13