



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Koch, Konrad

Club: Geismar  
Number: 178

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M40

Total time: 34:38

Speed: 12.13 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 36 (of 60)

Rank in course/Men: 32 (of 50)

Best time in course: 25:22

Rank in category: 5(of 6)

Best time in the category: 25:33