



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Henning, Christian

Club: VS Lengenfeld unterm Stein  
Number: 200

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M20

Total time: 35:09

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 38 (of 60)

Rank in course/Men: 34 (of 50)

Best time in course: 25:22

Rank in category: 6(of 13)

Best time in the category: 26:36