



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Lares, Benedikt

Club: Mühlhausen  
Number: 168

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M20

Total time: 40:24

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 57 (of 60)

Rank in course/Men: 48 (of 50)

Best time in course: 25:22

Rank in category: 13(of 13)

Best time in the category: 26:36