



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Lüßenhop, Antje

Club: Hildesheim  
Number: 162

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Frauen W40

Total time: 43:34

Speed: 9.64 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 58 (of 60)  
Rank in course/Women: 10 (of 10)  
Best time in course: 28:59

Rank in category: 2(of 2)  
Best time in the category: 37:03