



8. Kanonenbahnlauf  
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Kny, Astrid

Club: Heiligenstadt  
Number: 781

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Frauen W40

Total time: 1:44:50

Speed: 9.16 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 73 (of 83)  
Rank in course/Women: 12 (of 17)  
Best time in course: 1:13:12

Rank in category: 2(of 2)  
Best time in the category: 1:13:12