



8. Kanonenbahnlauf  
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Koch, Konrad

Club: Geismar  
Number: 213

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M40

Total time: 36:52

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 45 (of 63)

Rank in course/Men: 39 (of 47)

Best time in course: 25:16

Rank in category: 9(of 9)

Best time in the category: 26:18