



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

**Kömen, Ralf**

Club: Saalender  
Number: 40

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M50

Total time: 1:23:28

Speed: 11.50 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 41 (of 70)

Rank in course/Men: 39 (of 57)

Best time in course: 59:51

Rank in category: 6(of 12)

Best time in the category: 1:11:28