



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Kämper, Anke

Club: Ecklingerode  
Number: 72

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Frauen W30

Total time: 1:23:38

Speed: 11.48 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 42 (of 70)  
Rank in course/Women: 3 (of 13)  
Best time in course: 1:20:19

Rank in category: 1(of 2)  
Best time in the category: 1:23:38