



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Schlichting, Helga

Club: Lengenfeld unterm Stein  
Number: 36

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Frauen W45

Total time: 1:48:09

Speed: 8.88 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 66 (of 70)  
Rank in course/Women: 11 (of 13)  
Best time in course: 1:20:19

Rank in category: 4(of 4)  
Best time in the category: 1:26:44