



9. Kanonenbahnlauf
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Lüdeke, Jens

Club: Bremke

Number: 154

Course: 7.00 km

Kleiner Kanonenbahnlauf

Category:

Männer M20

Total time: 28:31

Speed: 14.73 km/h

Running performance: 4:04 min/km

Rank in course/Total: 8 (of 51)

Rank in course/Men: 8 (of 42)

Best time in course: 24:27

Rank in category: 4(of 9)

Best time in the category: 24:27