



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Koopmann, Jan

Club: SV GW Bad Gandersheim  
Number: 109

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M45

Total time: 29:45

Speed: 14.12 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 12 (of 51)

Rank in course/Men: 12 (of 42)

Best time in course: 24:27

Rank in category: 3(of 8)

Best time in the category: 25:07