



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

plafki, christian

Club: vfl wanfried

Number: 112

Course: 7.00 km

Kleiner Kanonenbahnlauf

Category:

Männer M35

Total time: 32:38

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 23 (of 51)

Rank in course/Men: 23 (of 42)

Best time in course: 24:27

Rank in category: 4(of 5)

Best time in the category: 28:42