



9. Kanonenbahnlauf  
Lengenfeld unterm Stein / 25.06.2011

Detailed evaluation

Kremberg, Ralf

Club: Mühlhausen  
Number: 140

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Männer M50

Total time: 33:08

Speed: 12.68 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 26 (of 51)

Rank in course/Men: 26 (of 42)

Best time in course: 24:27

Rank in category: 2(of 5)

Best time in the category: 30:19