



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

**Mai, Constanze**

Club: LG Rüsselsheim  
Number: 106

Course: 7.00 km  
Kleiner Kanonenbahnlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 35:28  
Speed: 11.84 km/h  
Running performance: 5:04 min/km  
Rank in course/Total: 28 (of 64)  
Rank in course/Women: 3 (of 20)  
Best time in course: 31:16  
Rank in category: 1(of 3)  
Best time in the category: 35:28