



6. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Ruhland, Martin

Club: AH Traditionsmannschaft  
Number: 172

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M40

Total time: 1:27:34

Speed: 10.96 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 68 (of 104)

Rank in course/Men: 63 (of 85)

Best time in course: 1:02:11

Rank in category: 18(of 24)

Best time in the category: 1:04:56