



6. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Ruhland, Mathias

Club: Lengenfeld/Stein  
Number: 174

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M40

Total time: 1:33:24

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 81 (of 104)

Rank in course/Men: 68 (of 85)

Best time in course: 1:02:11

Rank in category: 20(of 24)

Best time in the category: 1:04:56