



6. Kanonenbahnlauf
Lengenfeld unterm Stein / 28.06.2008

Detailed evaluation

Ruhland, Stephan

Club: Traditionsmannschaft
Number: 175

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M40

Total time: 1:37:42

Speed: 9.83 km/h
Running performance: 6:07 min/km

Rank in course/Total: 90 (of 104)

Rank in course/Men: 74 (of 85)

Best time in course: 1:02:11

Rank in category: 21(of 24)

Best time in the category: 1:04:56