



7. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Ruhland, Martin

Club: BSV blau weiß Lengenfeld/Stein
Number: 3

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M45

Total time: 1:20:20

Speed: 11.95 km/h
Running performance: 5:01 min/km

Rank in course/Total: 42 (of 96)

Rank in course/Men: 41 (of 86)

Best time in course: 1:04:25

Rank in category: 7(of 18)

Best time in the category: 1:09:44