



7. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

Ruhland, Thomas

Club: BSV Blau-Weis 22 Lengenfeld/ Stein
Number: 59

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M40

Total time: 1:37:58

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 81 (of 96)

Rank in course/Men: 73 (of 86)

Best time in course: 1:04:25

Rank in category: 11(of 11)

Best time in the category: 1:06:25