



7. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2009

Detailed evaluation

**Ruhland, Peter**

Club: BSV Blau-Weiss 22 Lengenfeld  
Number: 39

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M45

Total time: 1:44:33

Speed: 9.18 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 94 (of 96)

Rank in course/Men: 85 (of 86)

Best time in course: 1:04:25

Rank in category: 18(of 18)

Best time in the category: 1:09:44