



8. Kanonenbahnlauf
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Kruse, Ralf

Club: SV Schwarz Rot Wingerode
Number: 753

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M40

Total time: 1:30:41

Speed: 10.59 km/h
Running performance: 5:40 min/km

Rank in course/Total: 42 (of 83)

Rank in course/Men: 38 (of 66)

Best time in course: 1:02:34

Rank in category: 9(of 12)

Best time in the category: 1:09:56