



8. Kanonenbahnlauf  
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Ruhland, Mathias

Club: FFw Lengenfeld unterm Stein  
Number: 767

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M40

Total time: 1:32:22

Speed: 10.39 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 49 (of 83)

Rank in course/Men: 45 (of 66)

Best time in course: 1:02:34

Rank in category: 11(of 12)

Best time in the category: 1:09:56