



8. Kanonenbahnlauf  
Lengenfeld unterm Stein / 26.06.2010

Detailed evaluation

Ruhland, Heinrich

Club: Lengenfeld unterm Stein  
Number: 763

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Männer M20

Total time: 1:35:06

Speed: 10.09 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 52 (of 83)

Rank in course/Men: 48 (of 66)

Best time in course: 1:02:34

Rank in category: 6(of 9)

Best time in the category: 1:16:16