



1. "Athletes Care" Charity Sprint-Triathlon Büdingen 2011
Büdingen / 05.06.2011

Detailed evaluation

Ruhland, Marc

Club: Eintracht Frankfurt
Number: 187

Course: 25.55 km
Jedermann-Triathlon - Einzel

Category:
MK1 männlich, 40 - 44 Jahre

Total time: 1:20:23

Speed: 18.66 km/h
Running performance: 3:09 min/km

Rank in course/Total: 88 (of 165)

Rank in course/Men: 70 (of 124)

Best time in course: 59:42

Rank in category: 15(of 23)

Best time in the category: 1:02:30