



9. Kanonenbahnlauf
Lengsfeld unterm Stein / 25.06.2011

Detailed evaluation

Ruhland, Martin

Club: BSV Blau-Weiss 22 Lengsfeld/Stein
Number: 1

Course: 16.00 km
Kanonenbahnlauf

Category:
Männer M45

Total time: 1:19:29

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 27 (of 70)

Rank in course/Men: 27 (of 57)

Best time in course: 59:51

Rank in category: 8(of 13)

Best time in the category: 1:10:18