



10. Kanonenbahnlauf  
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Ruhland, Thomas

Club: Lengenfeld unterm Stein  
Number: 28

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:32:30

Speed: 10.38 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 62 (of 79)

Rank in course/Men: 58 (of 71)

Best time in course: 1:04:14

Rank in category: 11(of 12)

Best time in the category: 1:06:33