



10. Kanonenbahnlauf
Lengenfeld unterm Stein / 23.06.2012

Detailed evaluation

Ruhland, Martin

Club: BSV Blau Weiß Lengenfeld/Stein
Number: 139

Course: 7.00 km
Kleiner Kanonenbahnlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 35:57

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 30 (of 64)

Rank in course/Men: 27 (of 44)

Best time in course: 24:28

Rank in category: 4(of 5)

Best time in the category: 26:48