



11. Kanonenbahnlauf
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Ruhland, Anna

Club: FFW Lengenfeld
Number: 293

Course: 7.00 km
Kleiner Kanonenbahnlauf

Category:
Frauen (20-29 Jahre)

Total time: 45:42

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 72 (of 78)
Rank in course/Women: 16 (of 19)
Best time in course: 31:10

Rank in category: 4(of 4)
Best time in the category: 36:55