



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Ruhland, Martin

Club: Lengenfeld unterm stein  
Number: 284

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:23:33

Speed: 11.49 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 28 (of 83)

Rank in course/Men: 27 (of 73)

Best time in course: 1:06:14

Rank in category: 7(of 16)

Best time in the category: 1:07:40