



11. Kanonenbahnlauf
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

Ruhland, Thomas

Club: FFW Lengenfeld
Number: 293

Course: 16.00 km
Kanonenbahnlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:26:14

Speed: 11.13 km/h
Running performance: 5:23 min/km

Rank in course/Total: 42 (of 83)

Rank in course/Men: 41 (of 73)

Best time in course: 1:06:14

Rank in category: 11(of 16)

Best time in the category: 1:07:40