



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

**Ruhland, Mathias**

Club: FFW Lengenfeld  
Number: 359

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:30:01

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 47 (of 83)

Rank in course/Men: 46 (of 73)

Best time in course: 1:06:14

Rank in category: 13(of 16)

Best time in the category: 1:07:40