



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

**Ruhland, Peter**

Club: BSV Blau-Weiß 22 Lengenfeld/Stein  
Number: 338

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:32:35

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 57 (of 83)

Rank in course/Men: 55 (of 73)

Best time in course: 1:06:14

Rank in category: 8(of 12)

Best time in the category: 1:12:24