



13. Kanonenbahnlauf  
Lengenfeld unterm Stein / 27.06.2015

Detailed evaluation

Ruhland, Martin

Club: BSV Blau Weiß Lengenfeld  
Number: 189

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:23:57

Speed: 11.44 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 33 (of 76)

Rank in course/Men: 32 (of 61)

Best time in course: 1:02:23

Rank in category: 7(of 9)

Best time in the category: 1:13:19