



13. Kanonenbahnlauf
Lengenfeld unterm Stein / 27.06.2015

Detailed evaluation

Ruhland, Thomas

Club: FFW Lengenfeld unterm Stein
Number: 171

Course: 16.00 km
Kanonenbahnlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:24:03

Speed: 11.42 km/h
Running performance: 5:15 min/km

Rank in course/Total: 35 (of 76)

Rank in course/Men: 34 (of 61)

Best time in course: 1:02:23

Rank in category: 8(of 9)

Best time in the category: 1:13:19