



14. Kanonenbahnlauf

Lengsfeld unterm Stein / 25.06.2016

Detailed evaluation

Ruhland, Martin

Club: Blau-Weiss Lengsfeld
Number: 598

Course: 16.00 km
Kanonenbahnlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:28:23

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 25 (of 53)

Rank in course/Men: 24 (of 42)

Best time in course: 1:05:01

Rank in category: 4(of 9)

Best time in the category: 1:09:42