



Südeichsfeldlauf  
Diedorf / 10.06.2017

## Detailed evaluation

**Ruhland, Martin**

Club: blau weiß Lengenfeld unterm Stein  
Number: 3

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M50 (50-54 Jahre)

Total time: 49:59

Speed: 12.00 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 18 (of 69)

Rank in course/Men: 18 (of 57)

Best time in course: 40:21

Rank in category: 2(of 6)

Best time in the category: 49:21