



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

Koch, Siegfried

Club: SV Mihla  
Number: 106

Course: 19.50 km  
15 km Lauf

Category:  
Männer M55

Total time: 1:45:51

Speed: 10.77 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 87 (of 105)

Rank in course/Men: 78 (of 87)

Best time in course: 1:00:19

Rank in category: 4(of 5)

Best time in the category: 1:26:17