



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

Rikirsch, Roland

Number: 75

Course: 19.50 km  
15 km Lauf

Category:  
Männer M60

Total time: 1:48:04

Speed: 10.55 km/h

Running performance: 5:32 min/km

Rank in course/Total: 93 (of 105)

Rank in course/Men: 83 (of 87)

Best time in course: 1:00:19

Rank in category: 4(of 4)

Best time in the category: 1:23:04