



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla
Number: 50

Course: 19.50 km
15 km Lauf

Category:
Männer M55

Total time: 1:54:26

Speed: 9.96 km/h
Running performance: 5:52 min/km

Rank in course/Total: 100 (of 105)

Rank in course/Men: 86 (of 87)

Best time in course: 1:00:19

Rank in category: 5(of 5)

Best time in the category: 1:26:17