



15. Hainich-Lauf
Mihla / 16.08.2009

Detailed evaluation

Ziegler, Hans-Joachim

Club: Ruhla
Number: 111

Course: 13.00 km
Mittelstrecke

Category:
Männer M55

Total time: 1:26:23

Speed: 9.03 km/h
Running performance: 6:38 min/km

Rank in course/Total: 89 (of 101)

Rank in course/Men: 72 (of 77)

Best time in course: 51:48

Rank in category: 7(of 8)

Best time in the category: 1:06:34