



30. Wartburglauf Eisenach

Eisenach / 27.09.2009

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla

Number: 50

Course: 12.50 km

Hauptlauf

Category:

Männer M55

Total time: 1:13:35

Speed: 9.78 km/h

Running performance: 5:53 min/km

Rank in course/Total: 256 (of 297)

Rank in course/Men: 213 (of 234)

Best time in course: 42:14

Rank in category: 15(of 17)

Best time in the category: 48:24