



ViaSolutionsThüringenA4Lauf  
Eisenach / 10.01.2010

## Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla  
Number: 78

Course: 10.00 km  
Kurzdistanz

Category:  
Männer M60

Total time: 1:00:33

Speed: 9.91 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 153 (of 207)

Rank in course/Men: 119 (of 144)

Best time in course: 35:53

Rank in category: 5(of 6)

Best time in the category: 48:19