



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

**Rikirsch, Roland**

Club: Creuzburg  
Number: 58

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M65

Total time: 1:20:48

Speed: 10.40 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 56 (of 73)

Rank in course/Men: 50 (of 59)

Best time in course: 53:22

Rank in category: 1(of 3)

Best time in the category: 1:20:48