



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla  
Number: 11

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M60

Total time: 1:28:02

Speed: 9.54 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 64 (of 73)

Rank in course/Men: 55 (of 59)

Best time in course: 53:22

Rank in category: 2(of 3)

Best time in the category: 1:10:25