



7. Breitunger Pleßlauf
Breitungen / 22.08.2010

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla
Number: 127

Course: 10.50 km
10,5 km-Lauf

Category:
Männer M60

Total time: 1:07:13

Speed: 8.93 km/h
Running performance: 6:24 min/km

Rank in course/Total: 117 (of 138)

Rank in course/Men: 89 (of 100)

Best time in course: 36:38

Rank in category: 9(of 9)

Best time in the category: 49:39