



7. Trefffurter Stadtlauf  
Treffurt / 11.09.2010

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla  
Number: 2266

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M60

Total time: 1:05:24

Speed: 9.72 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 147 (of 163)

Rank in course/Men: 128 (of 136)

Best time in course: 35:03

Rank in category: 8(of 9)

Best time in the category: 51:02