



Skatstadtmarathon Altenburg  
Altenburg / 11.06.2011

Detailed evaluation

Ziems, Helge

Club: LC RON-Hill Berlin  
Number: 1316

Course: 11.80 km  
11,8 km-Lauf

Category:  
Männer M70

Total time: 1:25:36

Speed: 7.71 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 290 (of 317)

Rank in course/Men: 213 (of 226)

Best time in course: 40:55

Rank in category: 4(of 4)

Best time in the category: 52:57