



8. Werraenergie Pleßlauf

Breitungen / 21.08.2011

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla

Number: 382

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 1:08:03

Speed: 8.82 km/h

Running performance: 6:29 min/km

Rank in course/Total: 107 (of 117)

Rank in course/Men: 86 (of 89)

Best time in course: 38:50

Rank in category: 8(of 9)

Best time in the category: 48:44