



8. Trefffurter Stadtlauf
Treffurt / 10.09.2011

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla
Number: 3203

Course: 10.60 km
Geländelauf lang

Category:
Männer M60

Total time: 1:07:15

Speed: 8.92 km/h
Running performance: 6:20 min/km

Rank in course/Total: 187 (of 199)

Rank in course/Men: 156 (of 160)

Best time in course: 35:07

Rank in category: 12(of 13)

Best time in the category: 42:49