



Winterlaufserie 2012, 2. Lauf  
Creuzburg / 26.02.2012

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla  
Number: 394

Course: 11.30 km  
Langdistanz

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:10:30

Speed: 9.36 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 98 (of 102)

Rank in course/Men: 78 (of 79)

Best time in course: 37:05

Rank in category: 8(of 9)

Best time in the category: 48:57