



Creuzburger Stadtlauf  
Creuzburg / 01.07.2012

Detailed evaluation

Rückert, Jens

Club: Arnstadt  
Number: 38

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:07

Speed: 11.12 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 41 (of 94)

Rank in course/Men: 39 (of 74)

Best time in course: 48:38

Rank in category: 9(of 14)

Best time in the category: 58:21