



5. Thüringer Museumslauf

Schmalkalden, Schloss Wilhelmsburg / 09.09.2012

Detailed evaluation

Rudorf, Hans-Joachim

Club: FSV Meuselwitz

Number: 370

Course: 10.30 km

10,3 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:00:08

Speed: 9.98 km/h

Running performance: 5:50 min/km

Rank in course/Total: 5 (of 22)

Rank in course/Men: 5 (of 16)

Best time in course: 54:34

Rank in category: 1(of 2)

Best time in the category: 1:00:08