



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla  
Number: 2871

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:07:46

Speed: 8.85 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 183 (of 190)

Rank in course/Men: 149 (of 151)

Best time in course: 34:15

Rank in category: 11(of 11)

Best time in the category: 46:30