



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 210

Course: 13.50 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:07:23

Speed: 11.58 km/h

Running performance: 4:59 min/km

Rank in course/Total: 36 (of 82)

Rank in course/Men: 33 (of 64)

Best time in course: 48:15

Rank in category: 7(of 13)

Best time in the category: 56:43