



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Ruppert, Jörg

Club: Blau Weis Creuzburg  
Number: 107

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:15:08

Speed: 10.78 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 53 (of 82)

Rank in course/Men: 46 (of 64)

Best time in course: 48:15

Rank in category: 11(of 13)

Best time in the category: 56:43