



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Ziegler, Hans-Joachim

Club: TSG Ruhla  
Number: 431

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:10:51

Speed: 8.47 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 123 (of 127)

Rank in course/Men: 91 (of 91)

Best time in course: 40:21

Rank in category: 7(of 7)

Best time in the category: 49:58