



10. Trefffurter Stadtlauf

Treffurt / 07.09.2013

Detailed evaluation

Ziegler, Hans-Joachim

Club: TSG Ruhla

Number: 4095

Course: 10.22 km

Geländelauf lang

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:12:08

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 154 (of 157)

Rank in course/Men: 121 (of 122)

Best time in course: 35:15

Rank in category: 5(of 5)

Best time in the category: 51:51