



21. Hainich-Lauf  
Mihla / 01.05.2015

## Detailed evaluation

Ziegler, Hans-Joachim

Club: EFC 08 Ruhla  
Number: 249

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:27:22

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 55 (of 58)

Rank in course/Men: 44 (of 45)

Best time in course: 49:21

Rank in category: 2(of 2)

Best time in the category: 1:16:31