



# 1. Bergstraeser Halbmarathon und 10 km Laufen-Walken

Hirschberg a.d. Bergstraße / 21.09.2008

## Detailed evaluation

**Zbikowski, Michael**

Club: Meckenheim

Number: 813

Course: 10.00 km

10 km-Lauf

Category:

Männer M35

Total time: 1:12:53

Speed: 8.23 km/h

Running performance: 7:17 min/km

Rank in course/Total: 30 (of 30)

Rank in course/Men: 22 (of 22)

Best time in course: 38:54

Rank in category: 6(of 6)

Best time in the category: 52:07