



ViaSolutionsThüringenA4Lauf
Eisenach / 10.01.2010

Detailed evaluation

Zika, Heiko

Club: Sonneborn
Number: 1240

Course: 16.20 km
Langdistanz

Category:
Männer M35

Total time: 1:25:11

Speed: 11.41 km/h
Running performance: 5:16 min/km

Rank in course/Total: 128 (of 263)

Rank in course/Men: 123 (of 231)

Best time in course: 59:27

Rank in category: 13(of 31)

Best time in the category: 1:07:07