



dayfit City-Lauf Gotha - 17. Gothaer City-Lauf

Gotha / 25.04.2010

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha

Number: 145

Course: 10.00 km

City-Lauf

Category:

Männer M35

Total time: 48:47

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 86 (of 212)

Rank in course/Men: 78 (of 170)

Best time in course: 32:36

Rank in category: 9(of 17)

Best time in the category: 38:26