



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha

Number: 674

Course: 14.00 km

Hauptlauf

Category:

Männer M35

Total time: 1:09:49

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 93 (of 196)

Rank in course/Men: 81 (of 150)

Best time in course: 49:33

Rank in category: 7(of 9)

Best time in the category: 53:51