



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha

Number: 204

Course: 12.00 km

12 km-Lauf

Category:

Männer M35

Total time: 1:07:27

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 99 (of 186)

Rank in course/Men: 90 (of 154)

Best time in course: 47:00

Rank in category: 11(of 14)

Best time in the category: 49:18