



9. Thüringer-Frauen-Lauf und 12. Erfurter Volkslauf

Erfurt / 05.09.2010

Detailed evaluation

Zika, Heiko

Club: Sonneborn

Number: 2871

Course: 10.00 km

Erfurter Volkslauf

Category:

Männer M35

Total time: 46:27

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 88 (of 140)

Rank in course/Men: 87 (of 139)

Best time in course: 32:14

Rank in category: 7(of 11)

Best time in the category: 35:28