



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha
Number: 2212

Course: 10.60 km
Geländelauf lang

Category:
Männer M35

Total time: 54:59

Speed: 10.91 km/h
Running performance: 5:11 min/km

Rank in course/Total: 102 (of 163)

Rank in course/Men: 93 (of 136)

Best time in course: 35:03

Rank in category: 11(of 15)

Best time in the category: 41:45