



18. Gothaer Citylauf  
Gotha / 08.05.2011

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha  
Number: 27

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 50:07

Speed: 11.97 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 98 (of 247)

Rank in course/Men: 93 (of 202)

Best time in course: 32:35

Rank in category: 15(of 25)

Best time in the category: 36:16