



18. Gothaer Citylauf
Gotha / 08.05.2011

Detailed evaluation

Zika, Rüdiger

Club: Zikateam

Number: 178

Course: 10.00 km

City-Lauf

Category:

Männer M55

Total time: 1:00:28

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 208 (of 247)

Rank in course/Men: 179 (of 202)

Best time in course: 32:35

Rank in category: 10(of 11)

Best time in the category: 41:00