



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha  
Number: 3064

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M40

Total time: 54:56

Speed: 10.92 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 107 (of 199)

Rank in course/Men: 98 (of 160)

Best time in course: 35:07

Rank in category: 21(of 25)

Best time in the category: 40:22