



dayfit City-Lauf Gotha - 19. Gothaer City-Lauf
Gotha / 29.04.2012

Detailed evaluation

Zika, Ruediger

Club: Zika Racing Team
Number: 36

Course: 10.50 km
City-Lauf

Category:
Männer M55

Total time: 1:09:41

Speed: 8.61 km/h
Running performance: 6:38 min/km

Rank in course/Total: 157 (of 186)

Rank in course/Men: 136 (of 154)

Best time in course: 35:39

Rank in category: 9(of 11)

Best time in the category: 45:51