



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

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha
Number: 78

Course: 10.50 km
City-Lauf

Category:
Männer M40

Total time: 55:55

Speed: 11.27 km/h
Running performance: 5:20 min/km

Rank in course/Total: 68 (of 186)

Rank in course/Men: 64 (of 154)

Best time in course: 35:39

Rank in category: 15(of 26)

Best time in the category: 41:07