



30. AVENIDA-Stauseelauf
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha
Number: 1621

Course: 14.00 km
Hauptlauf

Category:
Männer M40

Total time: 1:13:03

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 88 (of 205)

Rank in course/Men: 77 (of 154)

Best time in course: 51:27

Rank in category: 19(of 30)

Best time in the category: 57:13