



9. Town&Country Marathon

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 03.06.2012

Detailed evaluation

Zika, Heiko

Club: Lauffreunde Gotha

Number: 1276

Course: 42.20 km

Melborn Marathon

Category:

Senioren M40

Total time: 4:05:47

Speed: 10.25 km/h

Running performance: 5:49 min/km

Rank in course/Total: 13 (of 25)

Rank in course/Men: 12 (of 22)

Best time in course: 3:28:02

Rank in category: 5(of 5)

Best time in the category: 3:31:52