



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Zikar, Heiko

Club: Lauffreunde Gotha  
Number: 3247

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M40 (40-44 Jahre)

Total time: 54:23

Speed: 11.03 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 128 (of 190)

Rank in course/Men: 105 (of 151)

Best time in course: 34:15

Rank in category: 23(of 27)

Best time in the category: 41:23