



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Zika, Heiko**

Club: Lauffreunde Gotha

Number: 437

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:15:41

Speed: 10.31 km/h

Running performance: 5:44 min/km

Rank in course/Total: 67 (of 90)

Rank in course/Men: 60 (of 74)

Best time in course: 51:51

Rank in category: 9(of 9)

Best time in the category: 52:38