



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

Zika, Rüdiger

Club: Lauffreunde Gotha  
Number: 923

Course: 11.10 km  
City-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:08:40

Speed: 9.61 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 207 (of 228)

Rank in course/Men: 169 (of 183)

Best time in course: 35:56

Rank in category: 13(of 14)

Best time in the category: 43:45