



dayfit City-Lauf Gotha - 17. Gothaer City-Lauf

Gotha / 25.04.2010

Detailed evaluation

Bondkowski, Martin

Club: AC Apolda

Number: 1845

Course: 10.00 km

City-Lauf

Category:

Männer M55

Total time: 49:49

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 101 (of 212)

Rank in course/Men: 91 (of 170)

Best time in course: 32:36

Rank in category: 4(of 10)

Best time in the category: 40:12