



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

Gotha / 25.04.2010

## Detailed evaluation

**Dalbert, Frank**

Club: Zum alten Nordhäuser Bahnhof e.V.  
Number: 1953

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 50:41

Speed: 11.84 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 112 (of 212)

Rank in course/Men: 101 (of 170)

Best time in course: 32:36

Rank in category: 18(of 28)

Best time in the category: 40:55