



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

Gotha / 25.04.2010

## Detailed evaluation

### Grams, Holger

Club: Lauffreunde Gotha

Number: 62

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 53:37

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 144 (of 212)

Rank in course/Men: 130 (of 170)

Best time in course: 32:36

Rank in category: 31(of 39)

Best time in the category: 39:29