



18. Gothaer Citylauf  
Gotha / 08.05.2011

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich  
Number: 43

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 43:42

Speed: 13.73 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 38 (of 247)

Rank in course/Men: 37 (of 202)

Best time in course: 32:35

Rank in category: 5(of 25)

Best time in the category: 36:16