



18. Gothaer Citylauf  
Gotha / 08.05.2011

Detailed evaluation

Ludwig, Frank

Club: Team Deura Haus  
Number: 2294

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 50:52

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 104 (of 247)

Rank in course/Men: 97 (of 202)

Best time in course: 32:35

Rank in category: 26(of 51)

Best time in the category: 40:31