



18. Gothaer Citylauf  
Gotha / 08.05.2011

Detailed evaluation

**Dalbert, Frank**

Club: Erfurt  
Number: 65

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 52:51

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 133 (of 247)

Rank in course/Men: 125 (of 202)

Best time in course: 32:35

Rank in category: 20(of 25)

Best time in the category: 36:16