



18. Gothaer Citylauf  
Gotha / 08.05.2011

Detailed evaluation

Frankenfeld, Rolf-Erik

Club: Gotha  
Number: 79

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 55:17

Speed: 10.85 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 165 (of 247)

Rank in course/Men: 149 (of 202)

Best time in course: 32:35

Rank in category: 39(of 51)

Best time in the category: 40:31