



18. Gothaer Citylauf
Gotha / 08.05.2011

Detailed evaluation

Thondorf, Frank

Club: SV Thuringia Königsee
Number: 59

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 56:28

Speed: 10.63 km/h
Running performance: 5:39 min/km

Rank in course/Total: 178 (of 247)

Rank in course/Men: 161 (of 202)

Best time in course: 32:35

Rank in category: 44(of 51)

Best time in the category: 40:31