



dayfit City-Lauf Gotha - 19. Gothaer City-Lauf  
Gotha / 29.04.2012

### Detailed evaluation

#### Grams, Holger

Club: Lauffreunde Gotha  
Number: 46

Course: 10.50 km  
City-Lauf

Category:  
Männer M50

Total time: 1:02:55

Speed: 9.54 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 131 (of 186)

Rank in course/Men: 118 (of 154)

Best time in course: 35:39

Rank in category: 14(of 19)

Best time in the category: 46:57