



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

Detailed evaluation

Kuehnpast, Frank

Club: Saalfelder LV  
Number: 51

Course: 10.50 km  
City-Lauf

Category:  
Männer M45

Total time: 56:40

Speed: 10.59 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 74 (of 186)

Rank in course/Men: 69 (of 154)

Best time in course: 35:39

Rank in category: 14(of 25)

Best time in the category: 44:25