



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

Detailed evaluation

Heise, Ralf

Club: sc-impuls Erfurt  
Number: 48

Course: 10.50 km  
City-Lauf

Category:  
Männer M35

Total time: 56:50

Speed: 10.56 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 75 (of 186)

Rank in course/Men: 70 (of 154)

Best time in course: 35:39

Rank in category: 8(of 12)

Best time in the category: 44:19