



20. Gothaer City-Lauf

Gotha / 12.05.2013

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen/ Göllingen

Number: 23

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:15

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 184 (of 228)

Rank in course/Men: 152 (of 183)

Best time in course: 35:56

Rank in category: 29(of 31)

Best time in the category: 42:47