



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

**Wörfel, Ralf**

Club: Georgenthal  
Number: 207

Course: 11.10 km  
City-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:05:41

Speed: 10.05 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 201 (of 228)

Rank in course/Men: 164 (of 183)

Best time in course: 35:56

Rank in category: 30(of 31)

Best time in the category: 42:47