



## 20. Gothaer City-Lauf

Gotha / 12.05.2013

### Detailed evaluation

Zika, Rüdiger

Club: Lauffreunde Gotha

Number: 923

Course: 11.10 km

City-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:08:40

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 207 (of 228)

Rank in course/Men: 169 (of 183)

Best time in course: 35:56

Rank in category: 13(of 14)

Best time in the category: 43:45