



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

Frisske-Hamsch, Oliver

Club: Erfurt  
Number: 62

Course: 11.10 km  
City-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 42:47

Speed: 15.57 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 6 (of 228)

Rank in course/Men: 6 (of 183)

Best time in course: 35:56

Rank in category: 1(of 31)

Best time in the category: 42:47