



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich  
Number: 135

Course: 11.10 km  
City-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 43:52

Speed: 15.05 km/h  
Running performance: 3:57 min/km

Rank in course/Total: 14 (of 228)

Rank in course/Men: 14 (of 183)

Best time in course: 35:56

Rank in category: 2(of 31)

Best time in the category: 42:47