



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

**Wons, Roland**

Club: USV Jena  
Number: 22

Course: 11.10 km  
City-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 44:01

Speed: 14.99 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 15 (of 228)

Rank in course/Men: 15 (of 183)

Best time in course: 35:56

Rank in category: 4(of 30)

Best time in the category: 39:31