



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

**Manthee, Frank**

Club: SV Glückauf Sondershausen  
Number: 133

Course: 11.10 km  
City-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 45:09

Speed: 14.75 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 22 (of 228)

Rank in course/Men: 22 (of 183)

Best time in course: 35:56

Rank in category: 2(of 14)

Best time in the category: 43:45