



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

**Bechmann, Rico**

Club: Thüringer Laufmaschen  
Number: 215

Course: 11.10 km  
City-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 46:07

Speed: 14.44 km/h  
Running performance: 4:09 min/km

Rank in course/Total: 25 (of 228)

Rank in course/Men: 25 (of 183)

Best time in course: 35:56

Rank in category: 1(of 10)

Best time in the category: 46:07