



20. Gothaer City-Lauf

Gotha / 12.05.2013

Detailed evaluation

Arnold, Erhard

Club: Fit & Run Weimar

Number: 264

Course: 11.10 km

City-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 46:26

Speed: 14.21 km/h

Running performance: 4:11 min/km

Rank in course/Total: 28 (of 228)

Rank in course/Men: 28 (of 183)

Best time in course: 35:56

Rank in category: 4(of 14)

Best time in the category: 43:45