



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

Sauerwald, Bernd

Club: Lauffreunde Gotha  
Number: 21

Course: 11.10 km  
City-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:56

Speed: 12.35 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 101 (of 228)

Rank in course/Men: 91 (of 183)

Best time in course: 35:56

Rank in category: 17(of 29)

Best time in the category: 43:00