



20. Gothaer City-Lauf
Gotha / 12.05.2013

Detailed evaluation

Frankenfeld, Rolf-Erik

Number: 250

Course: 11.10 km
City-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:59

Speed: 12.23 km/h

Running performance: 4:52 min/km

Rank in course/Total: 102 (of 228)

Rank in course/Men: 93 (of 183)

Best time in course: 35:56

Rank in category: 17(of 31)

Best time in the category: 42:47