



20. Gothaer City-Lauf

Gotha / 12.05.2013

Detailed evaluation

Jesche, Silvo

Club: sc impuls erfurt

Number: 140

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:32

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 110 (of 228)

Rank in course/Men: 99 (of 183)

Best time in course: 35:56

Rank in category: 20(of 31)

Best time in the category: 42:47