



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

**Janneck, Jörg-Olaf**

Club: Lauffreunde Gotha  
Number: 191

Course: 11.10 km  
City-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:29

Speed: 11.48 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 141 (of 228)

Rank in course/Men: 123 (of 183)

Best time in course: 35:56

Rank in category: 22(of 31)

Best time in the category: 42:47