



20. Gothaer City-Lauf  
Gotha / 12.05.2013

Detailed evaluation

Minack, Frank

Club: SV Olympia Neustadt  
Number: 59

Course: 11.10 km  
City-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 58:21

Speed: 11.31 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 153 (of 228)

Rank in course/Men: 131 (of 183)

Best time in course: 35:56

Rank in category: 8(of 10)

Best time in the category: 46:07