



20. Gothaer City-Lauf
Gotha / 12.05.2013

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 111

Course: 11.10 km

City-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 58:49

Speed: 11.22 km/h

Running performance: 5:18 min/km

Rank in course/Total: 159 (of 228)

Rank in course/Men: 136 (of 183)

Best time in course: 35:56

Rank in category: 4(of 6)

Best time in the category: 50:30