



20. Gothaer City-Lauf

Gotha / 12.05.2013

Detailed evaluation

Grams, Holger

Club: Lauffreunde Gotha

Number: 124

Course: 11.10 km

City-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:00

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 162 (of 228)

Rank in course/Men: 138 (of 183)

Best time in course: 35:56

Rank in category: 26(of 29)

Best time in the category: 43:00