



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Koch, Michael

Club: Goldbach

Number: 122

Course: 11.10 km

City-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:14

Speed: 14.28 km/h

Running performance: 04:10 min/km

Rank in course/Total: 34 (of 218)

Rank in course/Men: 32 (of 176)

Best time in course: 36:19

Rank in category: 4(of 29)

Best time in the category: 41:27