



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Münch, Heiko

Club: sc-impuls Erfurt

Number: 130

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:54

Speed: 14.83 km/h

Running performance: 04:03 min/km

Rank in course/Total: 22 (of 218)

Rank in course/Men: 22 (of 176)

Best time in course: 36:19

Rank in category: 5(of 39)

Best time in the category: 44:07