



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Knabe, Ingo

Club: Martinroda

Number: 282

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:04

Speed: 11.47 km/h

Running performance: 05:14 min/km

Rank in course/Total: 143 (of 218)

Rank in course/Men: 126 (of 176)

Best time in course: 36:19

Rank in category: 32(of 39)

Best time in the category: 44:07