



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Lindenlaub, Ralf

Club: Die flinken Gerataler

Number: 286

Course: 11.10 km

City-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:15

Speed: 13.68 km/h

Running performance: 04:21 min/km

Rank in course/Total: 50 (of 218)

Rank in course/Men: 48 (of 176)

Best time in course: 36:19

Rank in category: 7(of 29)

Best time in the category: 41:27