



## 21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

### Detailed evaluation

**Minack, Frank**

Club: Altenfeld

Number: 289

Course: 11.10 km

City-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:29

Speed: 11.79 km/h

Running performance: 05:05 min/km

Rank in course/Total: 124 (of 218)

Rank in course/Men: 110 (of 176)

Best time in course: 36:19

Rank in category: 6(of 9)

Best time in the category: 36:28