



## 21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

### Detailed evaluation

Flemming, Christian

Club: Wechmar

Number: 313

Course: 11.10 km

City-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:42

Speed: 11.85 km/h

Running performance: 05:01 min/km

Rank in course/Total: 112 (of 218)

Rank in course/Men: 101 (of 176)

Best time in course: 36:19

Rank in category: 5(of 9)

Best time in the category: 36:28