



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Ernst, Karl-Heinz

Club: Goldbach

Number: 315

Course: 11.10 km

City-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:01:08

Speed: 10.89 km/h

Running performance: 05:31 min/km

Rank in course/Total: 170 (of 218)

Rank in course/Men: 146 (of 176)

Best time in course: 36:19

Rank in category: 9(of 10)

Best time in the category: 44:58