



## 21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

### Detailed evaluation

**Hermann, Rainer**

Club: LAC Rudolstadt

Number: 30

Course: 11.10 km

City-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 58:32

Speed: 11.28 km/h

Running performance: 05:16 min/km

Rank in course/Total: 148 (of 218)

Rank in course/Men: 131 (of 176)

Best time in course: 36:19

Rank in category: 1(of 1)

Best time in the category: 58:32