



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Lange, Lars

Club: Hohenstein

Number: 327

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:20

Speed: 10.76 km/h

Running performance: 05:32 min/km

Rank in course/Total: 172 (of 218)

Rank in course/Men: 147 (of 176)

Best time in course: 36:19

Rank in category: 36(of 39)

Best time in the category: 44:07