



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Prenzel, Dieter

Club: VfL 28 Ellrich

Number: 59

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:06

Speed: 14.32 km/h

Running performance: 04:09 min/km

Rank in course/Total: 32 (of 218)

Rank in course/Men: 30 (of 176)

Best time in course: 36:19

Rank in category: 7(of 39)

Best time in the category: 44:07