



## 21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

### Detailed evaluation

**Thomas, Jörg**

Club: Lauffreunde Gotha

Number: 68

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:33

Speed: 13.06 km/h

Running performance: 04:33 min/km

Rank in course/Total: 69 (of 218)

Rank in course/Men: 64 (of 176)

Best time in course: 36:19

Rank in category: 18(of 39)

Best time in the category: 44:07