



## 21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

### Detailed evaluation

**Trogisch, Volker**

Club: VfL 28 Ellrich

Number: 70

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:21

Speed: 15.02 km/h

Running performance: 04:00 min/km

Rank in course/Total: 16 (of 218)

Rank in course/Men: 16 (of 176)

Best time in course: 36:19

Rank in category: 2(of 39)

Best time in the category: 44:07