



21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

Detailed evaluation

Frankenfeld, Rolf-Erik

Club: Gotha

Number: 94

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:12

Speed: 11.74 km/h

Running performance: 05:04 min/km

Rank in course/Total: 122 (of 218)

Rank in course/Men: 109 (of 176)

Best time in course: 36:19

Rank in category: 25(of 39)

Best time in the category: 44:07