



## 21. Gothaer Sparkassen-Citylauf

Gotha / 11.05.2014

### Detailed evaluation

**Dalbert, Frank**

Club: Chaosteam-RSL

Number: 14

Course: 11.10 km

City-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:43

Speed: 11.44 km/h

Running performance: 05:12 min/km

Rank in course/Total: 138 (of 218)

Rank in course/Men: 123 (of 176)

Best time in course: 36:19

Rank in category: 30(of 39)

Best time in the category: 44:07