



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

König, Christian

Club: VfL 28 Ellrich
Number: 113

Course: 10.00 km
City-Lauf

Category:
Männer M20

Total time: 28:35

Speed: 20.99 km/h
Running performance: 2:52 min/km

Rank in course/Total: 4 (of 253)

Rank in course/Men: 4 (of 196)

Best time in course: 27:34

Rank in category: 3(of 25)

Best time in the category: 27:34