



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Ludewig, Heiko

Club: St.-Gotthardt-Apotheke

Number: 2237

Course: 10.00 km

City-Lauf

Category:

Männer M35

Total time: 28:37

Speed: 20.97 km/h

Running performance: 2:52 min/km

Rank in course/Total: 5 (of 253)

Rank in course/Men: 5 (of 196)

Best time in course: 27:34

Rank in category: 1(of 24)

Best time in the category: 28:37