



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**Meyer, Steffen**

Club: Rennsteiglaufverein LG Süd

Number: 142

Course: 10.00 km

City-Lauf

Category:

Männer M40

Total time: 29:10

Speed: 20.57 km/h

Running performance: 2:55 min/km

Rank in course/Total: 6 (of 253)

Rank in course/Men: 6 (of 196)

Best time in course: 27:34

Rank in category: 1(of 29)

Best time in the category: 29:10