



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Krone, Jörg

Club: Sportteam-STEINBACH Meiningen
Number: 2248

Course: 10.00 km
City-Lauf

Category:
Männer M40

Total time: 30:48

Speed: 19.48 km/h
Running performance: 3:05 min/km

Rank in course/Total: 8 (of 253)

Rank in course/Men: 7 (of 196)

Best time in course: 27:34

Rank in category: 2(of 29)

Best time in the category: 29:10