



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

wahl, martin

Club: WSV Oberhof 05

Number: 186

Course: 10.00 km

City-Lauf

Category:

Männer M55

Total time: 30:51

Speed: 19.45 km/h

Running performance: 3:05 min/km

Rank in course/Total: 9 (of 253)

Rank in course/Men: 8 (of 196)

Best time in course: 27:34

Rank in category: 1(of 14)

Best time in the category: 30:51