



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Janovicz, Jarzy**

Club: POLEN  
Number: 10

Course: 10.00 km  
City-Lauf

Category:  
Männer M50

Total time: 31:15

Speed: 19.20 km/h  
Running performance: 3:07 min/km

Rank in course/Total: 10 (of 253)

Rank in course/Men: 9 (of 196)

Best time in course: 27:34

Rank in category: 1(of 19)

Best time in the category: 31:15