



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Meister, Frank

Club: Lauffreunde Gotha
Number: 2265

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 31:29

Speed: 19.06 km/h
Running performance: 3:09 min/km

Rank in course/Total: 12 (of 253)

Rank in course/Men: 10 (of 196)

Best time in course: 27:34

Rank in category: 1(of 42)

Best time in the category: 31:29