



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Löppen, Reinhard**

Club: SV Emsetal  
Number: 44

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 31:34

Speed: 19.01 km/h  
Running performance: 3:10 min/km

Rank in course/Total: 14 (of 253)

Rank in course/Men: 12 (of 196)

Best time in course: 27:34

Rank in category: 2(of 42)

Best time in the category: 31:29