



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Pawlik, Mario

Club: Pawliks Lauffamily

Number: 153

Course: 10.00 km

City-Lauf

Category:

Männer M30

Total time: 33:02

Speed: 18.16 km/h

Running performance: 3:18 min/km

Rank in course/Total: 20 (of 253)

Rank in course/Men: 16 (of 196)

Best time in course: 27:34

Rank in category: 2(of 9)

Best time in the category: 28:08