



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Jaeger, Frank**

Club: SV Sömmerda e.V.  
Number: 100

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 33:03

Speed: 18.15 km/h  
Running performance: 3:18 min/km

Rank in course/Total: 21 (of 253)

Rank in course/Men: 17 (of 196)

Best time in course: 27:34

Rank in category: 3(of 42)

Best time in the category: 31:29