



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Michl, Rene

Club: Sportteam Steinbach Meiningen  
Number: 2247

Course: 10.00 km  
City-Lauf

Category:  
Männer M35

Total time: 33:08

Speed: 18.11 km/h  
Running performance: 3:19 min/km

Rank in course/Total: 22 (of 253)

Rank in course/Men: 18 (of 196)

Best time in course: 27:34

Rank in category: 2(of 24)

Best time in the category: 28:37