



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Zobirei, Jörg

Club: sWV Goldlauter

Number: 2232

Course: 10.00 km

City-Lauf

Category:

Männer M30

Total time: 33:17

Speed: 18.03 km/h

Running performance: 3:20 min/km

Rank in course/Total: 24 (of 253)

Rank in course/Men: 20 (of 196)

Best time in course: 27:34

Rank in category: 4(of 9)

Best time in the category: 28:08