



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Gloger, Andreas

Club: VFL Ellrich

Number: 123

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 33:20

Speed: 18.00 km/h

Running performance: 3:20 min/km

Rank in course/Total: 25 (of 253)

Rank in course/Men: 21 (of 196)

Best time in course: 27:34

Rank in category: 4(of 42)

Best time in the category: 31:29