



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich

Number: 183

Course: 10.00 km

City-Lauf

Category:

Männer M40

Total time: 33:49

Speed: 17.74 km/h

Running performance: 3:23 min/km

Rank in course/Total: 29 (of 253)

Rank in course/Men: 25 (of 196)

Best time in course: 27:34

Rank in category: 5(of 29)

Best time in the category: 29:10