



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Prenzel, Dieter**

Club: VfL 28 Ellrich  
Number: 2238

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 34:07

Speed: 17.59 km/h  
Running performance: 3:25 min/km

Rank in course/Total: 32 (of 253)

Rank in course/Men: 28 (of 196)

Best time in course: 27:34

Rank in category: 6(of 29)

Best time in the category: 29:10