



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Wernecke, Karl-Ernst**

Club: VfL 28 Ellrich  
Number: 194

Course: 10.00 km  
City-Lauf

Category:  
Männer M55

Total time: 34:38

Speed: 17.32 km/h  
Running performance: 3:28 min/km

Rank in course/Total: 36 (of 253)

Rank in course/Men: 32 (of 196)

Best time in course: 27:34

Rank in category: 2(of 14)

Best time in the category: 30:51