



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Grimm, Holger

Club: SV Normania Treffurt

Number: 2216

Course: 10.00 km

City-Lauf

Category:

Männer M40

Total time: 34:57

Speed: 17.17 km/h

Running performance: 3:30 min/km

Rank in course/Total: 37 (of 253)

Rank in course/Men: 33 (of 196)

Best time in course: 27:34

Rank in category: 7(of 29)

Best time in the category: 29:10