



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Kurch, Jörg

Club: VfL 28 Ellrich  
Number: 124

Course: 10.00 km  
City-Lauf

Category:  
Männer M50

Total time: 35:10

Speed: 17.06 km/h  
Running performance: 3:31 min/km

Rank in course/Total: 39 (of 253)

Rank in course/Men: 35 (of 196)

Best time in course: 27:34

Rank in category: 4(of 19)

Best time in the category: 31:15