



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Beyer, Steffen

Club: VFL Ellrich
Number: 51

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 36:12

Speed: 16.57 km/h
Running performance: 3:37 min/km

Rank in course/Total: 51 (of 253)

Rank in course/Men: 47 (of 196)

Best time in course: 27:34

Rank in category: 9(of 42)

Best time in the category: 31:29