



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Fleischmann, Heiko

Club: Lauffreunde Gotha

Number: 2272

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 36:43

Speed: 16.34 km/h

Running performance: 3:40 min/km

Rank in course/Total: 59 (of 253)

Rank in course/Men: 54 (of 196)

Best time in course: 27:34

Rank in category: 10(of 42)

Best time in the category: 31:29