



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