



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Spindler, Ronny**

Club: Metzger Brüder Spindler  
Number: 177

Course: 10.00 km  
City-Lauf

Category:  
Männer M35

Total time: 37:10

Speed: 16.14 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 63 (of 253)

Rank in course/Men: 58 (of 196)

Best time in course: 27:34

Rank in category: 6(of 24)

Best time in the category: 28:37