



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha
Number: 155

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 37:38

Speed: 15.94 km/h
Running performance: 3:46 min/km

Rank in course/Total: 71 (of 253)

Rank in course/Men: 65 (of 196)

Best time in course: 27:34

Rank in category: 13(of 42)

Best time in the category: 31:29