



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Schirwinski, Frank

Club: LTV Erfurt
Number: 2215

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 37:55

Speed: 15.82 km/h
Running performance: 3:47 min/km

Rank in course/Total: 76 (of 253)

Rank in course/Men: 70 (of 196)

Best time in course: 27:34

Rank in category: 14(of 42)

Best time in the category: 31:29