



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Steindorf, Michael

Club: Gotha
Number: 180

Course: 10.00 km
City-Lauf

Category:
Männer M50

Total time: 38:00

Speed: 15.79 km/h
Running performance: 3:48 min/km

Rank in course/Total: 77 (of 253)

Rank in course/Men: 71 (of 196)

Best time in course: 27:34

Rank in category: 10(of 19)

Best time in the category: 31:15