



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 60

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 38:13

Speed: 15.70 km/h
Running performance: 3:49 min/km

Rank in course/Total: 79 (of 253)

Rank in course/Men: 73 (of 196)

Best time in course: 27:34

Rank in category: 15(of 42)

Best time in the category: 31:29