



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**BONDKOWSKI, MARTIN**

Club: AC Apolda

Number: 2218

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 38:31

Speed: 15.58 km/h

Running performance: 3:51 min/km

Rank in course/Total: 86 (of 253)

Rank in course/Men: 80 (of 196)

Best time in course: 27:34

Rank in category: 18(of 42)

Best time in the category: 31:29