



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Kilb, Udo

Club: sc impuls erfurt

Number: 108

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 39:09

Speed: 15.33 km/h

Running performance: 3:55 min/km

Rank in course/Total: 95 (of 253)

Rank in course/Men: 89 (of 196)

Best time in course: 27:34

Rank in category: 20(of 42)

Best time in the category: 31:29