



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Dunkel, Volker

Club: Gotha

Number: 2203

Course: 10.00 km

City-Lauf

Category:

Männer M40

Total time: 39:36

Speed: 15.15 km/h

Running performance: 3:58 min/km

Rank in course/Total: 103 (of 253)

Rank in course/Men: 96 (of 196)

Best time in course: 27:34

Rank in category: 15(of 29)

Best time in the category: 29:10