



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 115

Course: 10.00 km

City-Lauf

Category:

Männer M60

Total time: 39:39

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 104 (of 253)

Rank in course/Men: 97 (of 196)

Best time in course: 27:34

Rank in category: 7(of 12)

Best time in the category: 34:35