



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Menge, Andreas

Club: NW Team Luisenthal
Number: 2296

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 39:40

Speed: 15.13 km/h
Running performance: 3:58 min/km

Rank in course/Total: 105 (of 253)

Rank in course/Men: 98 (of 196)

Best time in course: 27:34

Rank in category: 23(of 42)

Best time in the category: 31:29