



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Ellinger, Dirk

Club: Döllstedt  
Number: 2225

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 39:40

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

Rank in course/Total: 106 (of 253)

Rank in course/Men: 99 (of 196)

Best time in course: 27:34

Rank in category: 16(of 29)

Best time in the category: 29:10