



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

Hiller, Manfred

Club: Gotha

Number: 96

Course: 10.00 km

City-Lauf

Category:

Männer M55

Total time: 40:03

Speed: 14.98 km/h

Running performance: 4:00 min/km

Rank in course/Total: 111 (of 253)

Rank in course/Men: 103 (of 196)

Best time in course: 27:34

Rank in category: 4(of 14)

Best time in the category: 30:51