



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Heinrich, Matthias

Club: BOSCH  
Number: 2210

Course: 10.00 km  
City-Lauf

Category:  
Männer M50

Total time: 40:08

Speed: 14.95 km/h  
Running performance: 4:01 min/km

Rank in course/Total: 112 (of 253)

Rank in course/Men: 104 (of 196)

Best time in course: 27:34

Rank in category: 13(of 19)

Best time in the category: 31:15