



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Jesche, Silvo

Club: sc impuls erfurt

Number: 103

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 40:21

Speed: 14.87 km/h

Running performance: 4:02 min/km

Rank in course/Total: 118 (of 253)

Rank in course/Men: 108 (of 196)

Best time in course: 27:34

Rank in category: 25(of 42)

Best time in the category: 31:29