



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Schönau, Jens

Club: Gotha  
Number: 2257

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 40:51

Speed: 14.69 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 125 (of 253)

Rank in course/Men: 113 (of 196)

Best time in course: 27:34

Rank in category: 26(of 42)

Best time in the category: 31:29