



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser e.V.  
Number: 2228

Course: 10.00 km  
City-Lauf

Category:  
Männer M70

Total time: 40:57

Speed: 14.65 km/h  
Running performance: 4:06 min/km

Rank in course/Total: 126 (of 253)

Rank in course/Men: 114 (of 196)

Best time in course: 27:34

Rank in category: 2(of 5)

Best time in the category: 36:27