



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Epperlein, Ralf**

Club: NaturFreunde Gotha e.V.  
Number: 69

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 41:27

Speed: 14.48 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 130 (of 253)

Rank in course/Men: 118 (of 196)

Best time in course: 27:34

Rank in category: 27(of 42)

Best time in the category: 31:29