



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Balash, Udo

Club: Aktiv-Schule Emleben

Number: 2259

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 41:43

Speed: 14.38 km/h

Running performance: 4:10 min/km

Rank in course/Total: 135 (of 253)

Rank in course/Men: 123 (of 196)

Best time in course: 27:34

Rank in category: 28(of 42)

Best time in the category: 31:29