



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt e.V.
Number: 90

Course: 10.00 km
City-Lauf

Category:
Männer M30

Total time: 41:58

Speed: 14.30 km/h
Running performance: 4:12 min/km

Rank in course/Total: 138 (of 253)

Rank in course/Men: 125 (of 196)

Best time in course: 27:34

Rank in category: 7(of 9)

Best time in the category: 28:08