



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

Dehmel, Gerhard

Club: THWV Ilmenau

Number: 2245

Course: 10.00 km

City-Lauf

Category:

Männer M65

Total time: 42:00

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 139 (of 253)

Rank in course/Men: 126 (of 196)

Best time in course: 27:34

Rank in category: 4(of 6)

Best time in the category: 37:54