



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

Lier, Gerd

Club: Günthersleben-Wechmar

Number: 130

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 42:02

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 140 (of 253)

Rank in course/Men: 127 (of 196)

Best time in course: 27:34

Rank in category: 29(of 42)

Best time in the category: 31:29