



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Lugauer, Dietmar

Club: FSV 1950 Gotha  
Number: 134

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 42:14

Speed: 14.21 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 144 (of 253)

Rank in course/Men: 130 (of 196)

Best time in course: 27:34

Rank in category: 30(of 42)

Best time in the category: 31:29