



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Wasserthal, Heiko

Number: 2289

Course: 10.00 km

City-Lauf

Category:

Männer M55

Total time: 42:14

Speed: 14.21 km/h

Running performance: 4:13 min/km

Rank in course/Total: 145 (of 253)

Rank in course/Men: 131 (of 196)

Best time in course: 27:34

Rank in category: 6(of 14)

Best time in the category: 30:51