



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Wolter, Steffen**

Club: Gotha  
Number: 199

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 42:39

Speed: 14.07 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 147 (of 253)

Rank in course/Men: 133 (of 196)

Best time in course: 27:34

Rank in category: 31(of 42)

Best time in the category: 31:29