



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Stasulewitz, Ingo

Club: Gotha
Number: 178

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 42:40

Speed: 14.06 km/h
Running performance: 4:16 min/km

Rank in course/Total: 148 (of 253)

Rank in course/Men: 134 (of 196)

Best time in course: 27:34

Rank in category: 32(of 42)

Best time in the category: 31:29