



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Spindler, Dominik

Club: Metzger Bruder Spindler
Number: 176

Course: 10.00 km
City-Lauf

Category:
Männer M30

Total time: 42:47

Speed: 14.02 km/h
Running performance: 4:17 min/km

Rank in course/Total: 152 (of 253)

Rank in course/Men: 138 (of 196)

Best time in course: 27:34

Rank in category: 8(of 9)

Best time in the category: 28:08