



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Bechstein, Michael**

Club: TABBS Vital  
Number: 48

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 42:50

Speed: 14.01 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 153 (of 253)

Rank in course/Men: 139 (of 196)

Best time in course: 27:34

Rank in category: 21(of 29)

Best time in the category: 29:10