



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Haferanke, Manfred

Club: Lauffreunde Gotha
Number: 2214

Course: 10.00 km
City-Lauf

Category:
Männer M55

Total time: 42:59

Speed: 13.96 km/h
Running performance: 4:18 min/km

Rank in course/Total: 154 (of 253)

Rank in course/Men: 140 (of 196)

Best time in course: 27:34

Rank in category: 9(of 14)

Best time in the category: 30:51