



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