



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Lauterbach, Ulrich

Club: Erfurt  
Number: 125

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 43:15

Speed: 13.87 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 156 (of 253)

Rank in course/Men: 142 (of 196)

Best time in course: 27:34

Rank in category: 33(of 42)

Best time in the category: 31:29