



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

fütterer, friedbert

Club: 1887 gernrode ev  
Number: 77

Course: 10.00 km  
City-Lauf

Category:  
Männer M55

Total time: 43:29

Speed: 13.80 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 157 (of 253)

Rank in course/Men: 143 (of 196)

Best time in course: 27:34

Rank in category: 10(of 14)

Best time in the category: 30:51