



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Eisenhardt, Hagen

Club: Gotha  
Number: 2258

Course: 10.00 km  
City-Lauf

Category:  
Männer M40

Total time: 43:32

Speed: 13.78 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 158 (of 253)

Rank in course/Men: 144 (of 196)

Best time in course: 27:34

Rank in category: 23(of 29)

Best time in the category: 29:10