



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Lips, Roland

Club: FSV 1950 Gotha
Number: 132

Course: 10.00 km
City-Lauf

Category:
Männer M50

Total time: 43:37

Speed: 13.76 km/h
Running performance: 4:22 min/km

Rank in course/Total: 159 (of 253)

Rank in course/Men: 145 (of 196)

Best time in course: 27:34

Rank in category: 17(of 19)

Best time in the category: 31:15