



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Koch, Siegfried

Club: Rennsteiglaufverein/LG Süd
Number: 112

Course: 10.00 km
City-Lauf

Category:
Männer M55

Total time: 43:54

Speed: 13.67 km/h
Running performance: 4:23 min/km

Rank in course/Total: 162 (of 253)

Rank in course/Men: 147 (of 196)

Best time in course: 27:34

Rank in category: 11(of 14)

Best time in the category: 30:51