



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Broeder, Lutz**

Club: Günthersleben-Wechmar  
Number: 2236

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 43:56

Speed: 13.66 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 163 (of 253)

Rank in course/Men: 148 (of 196)

Best time in course: 27:34

Rank in category: 34(of 42)

Best time in the category: 31:29