



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**Nauber, Thomas**

Club: SpVgg Kranichfeld

Number: 2267

Course: 10.00 km

City-Lauf

Category:

Männer M40

Total time: 44:01

Speed: 13.63 km/h

Running performance: 4:24 min/km

Rank in course/Total: 164 (of 253)

Rank in course/Men: 149 (of 196)

Best time in course: 27:34

Rank in category: 24(of 29)

Best time in the category: 29:10