



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Wietschel, Jörg

Club: Luisenthaler SV
Number: 195

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 44:03

Speed: 13.62 km/h
Running performance: 4:24 min/km

Rank in course/Total: 165 (of 253)

Rank in course/Men: 150 (of 196)

Best time in course: 27:34

Rank in category: 35(of 42)

Best time in the category: 31:29