



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Frankenfeld, Rolf-Erik

Club: Gotha
Number: 73

Course: 10.00 km
City-Lauf

Category:
Männer M40

Total time: 44:43

Speed: 13.42 km/h
Running performance: 4:28 min/km

Rank in course/Total: 178 (of 253)

Rank in course/Men: 159 (of 196)

Best time in course: 27:34

Rank in category: 26(of 29)

Best time in the category: 29:10