



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Staude, Peter

Club: ZSG Waltershausen

Number: 179

Course: 10.00 km

City-Lauf

Category:

Männer M60

Total time: 45:08

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 183 (of 253)

Rank in course/Men: 163 (of 196)

Best time in course: 27:34

Rank in category: 11(of 12)

Best time in the category: 34:35