



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