



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen/Göllingen
Number: 2297

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 45:17

Speed: 13.25 km/h
Running performance: 4:32 min/km

Rank in course/Total: 188 (of 253)

Rank in course/Men: 165 (of 196)

Best time in course: 27:34

Rank in category: 36(of 42)

Best time in the category: 31:29