



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Nauber, Ronny

Club: SpVgg Kranichfeld

Number: 2266

Course: 10.00 km

City-Lauf

Category:

Männer M20

Total time: 45:56

Speed: 13.06 km/h

Running performance: 4:35 min/km

Rank in course/Total: 193 (of 253)

Rank in course/Men: 169 (of 196)

Best time in course: 27:34

Rank in category: 21(of 25)

Best time in the category: 27:34