



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg
Number: 204

Course: 10.00 km
City-Lauf

Category:
Männer M40

Total time: 48:27

Speed: 12.38 km/h
Running performance: 4:50 min/km

Rank in course/Total: 212 (of 253)

Rank in course/Men: 178 (of 196)

Best time in course: 27:34

Rank in category: 28(of 29)

Best time in the category: 29:10