



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**Metz, Egon**

Club: Spargelläufer Herbsleben

Number: 139

Course: 10.00 km

City-Lauf

Category:

Männer M55

Total time: 49:13

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 214 (of 253)

Rank in course/Men: 179 (of 196)

Best time in course: 27:34

Rank in category: 13(of 14)

Best time in the category: 30:51