



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza

Number: 182

Course: 10.00 km

City-Lauf

Category:

Männer M45

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 215 (of 253)

Rank in course/Men: 180 (of 196)

Best time in course: 27:34

Rank in category: 39(of 42)

Best time in the category: 31:29