



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Hildebrandt, Ralf**

Club: TSC die Haie  
Number: 2235

Course: 10.00 km  
City-Lauf

Category:  
Männer M45

Total time: 53:26

Speed: 11.23 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 229 (of 253)

Rank in course/Men: 185 (of 196)

Best time in course: 27:34

Rank in category: 41(of 42)

Best time in the category: 31:29