



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Störmann, Ludger

Club: SPD Gotha
Number: 2288

Course: 10.00 km
City-Lauf

Category:
Männer M45

Total time: 57:26

Speed: 10.45 km/h
Running performance: 5:44 min/km

Rank in course/Total: 241 (of 253)

Rank in course/Men: 190 (of 196)

Best time in course: 27:34

Rank in category: 42(of 42)

Best time in the category: 31:29