



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Ellenberg, Horst

Club: Ohra Hörstel Gas

Number: 67

Course: 10.00 km

City-Lauf

Category:

Männer M70

Total time: 1:07:49

Speed: 8.85 km/h

Running performance: 6:47 min/km

Rank in course/Total: 251 (of 253)

Rank in course/Men: 196 (of 196)

Best time in course: 27:34

Rank in category: 5(of 5)

Best time in the category: 36:27