



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Freitag, Susen

Club: Saalfelder LV

Number: 74

Course: 10.00 km

City-Lauf

Category:

Frauen W30

Total time: 40:16

Speed: 14.90 km/h

Running performance: 4:02 min/km

Rank in course/Total: 114 (of 253)

Rank in course/Women: 9 (of 57)

Best time in course: 30:13

Rank in category: 2(of 9)

Best time in the category: 31:42