



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Gronke, Viola

Club: SV 90 Umpferstedt

Number: 83

Course: 10.00 km

City-Lauf

Category:

Frauen W35

Total time: 40:19

Speed: 14.88 km/h

Running performance: 4:02 min/km

Rank in course/Total: 116 (of 253)

Rank in course/Women: 10 (of 57)

Best time in course: 30:13

Rank in category: 4(of 7)

Best time in the category: 30:13