



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Heimbrodt, Lydia**

Club: Arnoldschule  
Number: 879

Course: 2.30 km  
Schülerlauf lang

Category:  
weiblich, AK 15

Total time: 11:00

Speed: 10.91 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 85 (of 337)

Rank in course/Women: 14 (of 175)

Best time in course: 9:11

Rank in category: 4(of 18)

Best time in the category: 10:07