



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Kubis, Dagmar

Club: sc impuls erfurt

Number: 119

Course: 10.00 km

City-Lauf

Category:

Frauen W45

Total time: 42:13

Speed: 14.21 km/h

Running performance: 4:13 min/km

Rank in course/Total: 143 (of 253)

Rank in course/Women: 14 (of 57)

Best time in course: 30:13

Rank in category: 2(of 11)

Best time in the category: 40:46