



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Mark, Nadine

Club: Gotha
Number: 135

Course: 10.00 km
City-Lauf

Category:
Frauen W30

Total time: 44:13

Speed: 13.57 km/h
Running performance: 4:25 min/km

Rank in course/Total: 168 (of 253)

Rank in course/Women: 16 (of 57)

Best time in course: 30:13

Rank in category: 4(of 9)

Best time in the category: 31:42