



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Ernst, Beate

Club: Sonntagsläufer

Number: 2208

Course: 10.00 km

City-Lauf

Category:

Frauen W45

Total time: 44:39

Speed: 13.44 km/h

Running performance: 4:28 min/km

Rank in course/Total: 177 (of 253)

Rank in course/Women: 19 (of 57)

Best time in course: 30:13

Rank in category: 3(of 11)

Best time in the category: 40:46