



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Weiß, Katja

Club: Lauffreunde Gotha e.V.

Number: 190

Course: 10.00 km

City-Lauf

Category:

Frauen W30

Total time: 45:04

Speed: 13.31 km/h

Running performance: 4:31 min/km

Rank in course/Total: 182 (of 253)

Rank in course/Women: 20 (of 57)

Best time in course: 30:13

Rank in category: 5(of 9)

Best time in the category: 31:42