



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Navara, Henry**

Club: Arnoldschule  
Number: 887

Course: 2.30 km  
Schülerlauf lang

Category:  
männlich, AK 14

Total time: 11:56

Speed: 10.06 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 124 (of 337)

Rank in course/Men: 92 (of 162)

Best time in course: 9:02

Rank in category: 15(of 22)

Best time in the category: 9:39