



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Limpert, Ramona

Club: Bad Salzungen
Number: 2246

Course: 10.00 km
City-Lauf

Category:
Frauen W30

Total time: 45:43

Speed: 13.12 km/h
Running performance: 4:34 min/km

Rank in course/Total: 192 (of 253)

Rank in course/Women: 24 (of 57)

Best time in course: 30:13

Rank in category: 6(of 9)

Best time in the category: 31:42