



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Rattmann, Ellen

Club: FSV 1950 Gotha

Number: 160

Course: 10.00 km

City-Lauf

Category:

Frauen W40

Total time: 46:29

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 196 (of 253)

Rank in course/Women: 26 (of 57)

Best time in course: 30:13

Rank in category: 6(of 12)

Best time in the category: 36:29