



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Carita, Zeng

Club: Gotha
Number: 2299

Course: 10.00 km
City-Lauf

Category:
Frauen W45

Total time: 46:41

Speed: 12.85 km/h
Running performance: 4:40 min/km

Rank in course/Total: 199 (of 253)

Rank in course/Women: 29 (of 57)

Best time in course: 30:13

Rank in category: 5(of 11)

Best time in the category: 40:46