



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Herwig, Claudia**

Club: SWV Goldlauter  
Number: 2240

Course: 10.00 km  
City-Lauf

Category:  
Frauen W20

Total time: 47:07

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 203 (of 253)

Rank in course/Women: 31 (of 57)

Best time in course: 30:13

Rank in category: 4(of 8)

Best time in the category: 32:25