



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Zentgraf, Nick

Club: Berufsschule Pößneck
Number: 2290

Course: 10.00 km
City-Lauf

Category:
männliche Jugend A

Total time: 48:04

Speed: 12.48 km/h
Running performance: 4:49 min/km

Rank in course/Total: 211 (of 253)

Rank in course/Men: 177 (of 196)

Best time in course: 27:34

Rank in category: 4(of 4)

Best time in the category: 32:06