



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Spindler, Bernadette

Club: Leistungszentrum Scheuring

Number: 2280

Course: 10.00 km

City-Lauf

Category:

Frauen W30

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 213 (of 253)

Rank in course/Women: 35 (of 57)

Best time in course: 30:13

Rank in category: 7(of 9)

Best time in the category: 31:42