



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Helle, Katrin

Club: Lauffreunde Gotha

Number: 92

Course: 10.00 km

City-Lauf

Category:

Frauen W45

Total time: 51:15

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 222 (of 253)

Rank in course/Women: 39 (of 57)

Best time in course: 30:13

Rank in category: 8(of 11)

Best time in the category: 40:46