



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Staroski, Diana

Club: Meiningen
Number: 2243

Course: 10.00 km
City-Lauf

Category:
Frauen W30

Total time: 52:30

Speed: 11.43 km/h
Running performance: 5:15 min/km

Rank in course/Total: 223 (of 253)

Rank in course/Women: 40 (of 57)

Best time in course: 30:13

Rank in category: 8(of 9)

Best time in the category: 31:42