



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**Appel, Ariane**

Club: Tauchsportclub

Number: 2226

Course: 10.00 km

City-Lauf

Category:

Frauen W20

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 228 (of 253)

Rank in course/Women: 44 (of 57)

Best time in course: 30:13

Rank in category: 6(of 8)

Best time in the category: 32:25