



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Heinemann, Sylvia

Club: Gotha
Number: 89

Course: 10.00 km
City-Lauf

Category:
Frauen W50

Total time: 53:52

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 232 (of 253)

Rank in course/Women: 47 (of 57)

Best time in course: 30:13

Rank in category: 1(of 1)

Best time in the category: 53:52