



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**Steinke, Gudrun**

Club: Saalfelder LV

Number: 181

Course: 10.00 km

City-Lauf

Category:

Frauen W70

Total time: 54:28

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 235 (of 253)

Rank in course/Women: 48 (of 57)

Best time in course: 30:13

Rank in category: 1(of 1)

Best time in the category: 54:28