



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Metz, Karin

Club: Spargelläufer Herbsleben

Number: 140

Course: 10.00 km

City-Lauf

Category:

Frauen W55

Total time: 54:42

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 238 (of 253)

Rank in course/Women: 49 (of 57)

Best time in course: 30:13

Rank in category: 3(of 3)

Best time in the category: 45:14