



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Arpasi, Manuela**

Club: BiG Gotha  
Number: 2279

Course: 10.00 km  
City-Lauf

Category:  
Frauen W30

Total time: 55:00

Speed: 10.91 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 239 (of 253)

Rank in course/Women: 50 (of 57)

Best time in course: 30:13

Rank in category: 9(of 9)

Best time in the category: 31:42