



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Hecht, Heike

Club: Spargelläufer Herbsleben

Number: 87

Course: 10.00 km

City-Lauf

Category:

Frauen W40

Total time: 57:51

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 242 (of 253)

Rank in course/Women: 52 (of 57)

Best time in course: 30:13

Rank in category: 10(of 12)

Best time in the category: 36:29