



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Gehb, Astrid

Club: SPD Gotha
Number: 2281

Course: 10.00 km
City-Lauf

Category:
Frauen W45

Total time: 59:32

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 246 (of 253)

Rank in course/Women: 53 (of 57)

Best time in course: 30:13

Rank in category: 10(of 11)

Best time in the category: 40:46