



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

All Himkah, Safar

Club: RS Myconius  
Number: 1788

Course: 2.30 km  
Schülerlauf lang

Category:  
männlich, AK 12

Total time: 11:07

Speed: 10.79 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 86 (of 337)

Rank in course/Men: 72 (of 162)

Best time in course: 9:02

Rank in category: 11(of 46)

Best time in the category: 9:19