



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Lichtenberg, Sebastian

Club: Arnoldschule  
Number: 918

Course: 2.30 km  
Schülerlauf lang

Category:  
männlich, AK 12

Total time: 12:36

Speed: 9.52 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 162 (of 337)

Rank in course/Men: 113 (of 162)

Best time in course: 9:02

Rank in category: 23(of 46)

Best time in the category: 9:19