



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Menge, Michael**

Club: Arnoldschule  
Number: 815

Course: 2.30 km  
Schülerlauf lang

Category:  
männliche Jugend A

Total time: 10:14

Speed: 11.73 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 51 (of 337)

Rank in course/Men: 45 (of 162)

Best time in course: 9:02

Rank in category: 4(of 9)

Best time in the category: 9:02