



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Helfgen, Christian**

Club: RS Oststadtschule  
Number: 1849

Course: 2.30 km  
Schülerlauf lang

Category:  
männlich, AK 12

Total time: 16:43

Speed: 7.18 km/h

Running performance: 7:16 min/km

Rank in course/Total: 303 (of 337)

Rank in course/Men: 159 (of 162)

Best time in course: 9:02

Rank in category: 43(of 46)

Best time in the category: 9:19