



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Hering, Josephine

Club: Gymnasium Ernestinum  
Number: 1572

Course: 2.30 km  
Schülerlauf lang

Category:  
weiblich, AK 12

Total time: 12:19

Speed: 9.74 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 145 (of 337)

Rank in course/Women: 40 (of 175)

Best time in course: 9:11

Rank in category: 14(of 55)

Best time in the category: 10:43