



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Hellmuth, Sabine**

Club: Arnoldschule  
Number: 919

Course: 2.30 km  
Schülerlauf lang

Category:  
weiblich, AK 12

Total time: 14:25

Speed: 8.32 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 238 (of 337)

Rank in course/Women: 96 (of 175)

Best time in course: 9:11

Rank in category: 31(of 55)

Best time in the category: 10:43