



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

Lindner, Christian

Club: GS Goldbach  
Number: 1179

Course: 1.20 km  
Schülerlauf mittel

Category:  
männlich, AK 11

Total time: 4:29

Speed: 13.38 km/h  
Running performance: 3:44 min/km

Rank in course/Total: 59 (of 312)

Rank in course/Men: 54 (of 150)

Best time in course: 3:35

Rank in category: 11(of 74)

Best time in the category: 4:11