



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Schwirtzke, Jonas**

Club: GS Goldbach  
Number: 1180

Course: 1.20 km  
Schülerlauf mittel

Category:  
männlich, AK 11

Total time: 4:32

Speed: 13.24 km/h  
Running performance: 3:47 min/km

Rank in course/Total: 65 (of 312)

Rank in course/Men: 59 (of 150)

Best time in course: 3:35

Rank in category: 12(of 74)

Best time in the category: 4:11