



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Lauenstein, Louis

Club: AKTIV-Schule Emleben
Number: 702

Course: 1.20 km
Schülerlauf mittel

Category:
männlich, AK 11

Total time: 4:51

Speed: 12.37 km/h
Running performance: 4:02 min/km

Rank in course/Total: 103 (of 312)

Rank in course/Men: 84 (of 150)

Best time in course: 3:35

Rank in category: 25(of 74)

Best time in the category: 4:11