



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

### Bednarz, Nikolaus

Club: SGS Josias Friedrich Löffler

Number: 1885

Course: 1.20 km

Schülerlauf mittel

Category:

männlich, AK 11

Total time: 5:18

Speed: 11.32 km/h

Running performance: 4:25 min/km

Rank in course/Total: 169 (of 312)

Rank in course/Men: 115 (of 150)

Best time in course: 3:35

Rank in category: 43(of 74)

Best time in the category: 4:11