



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Nagel, Martin

Club: GS Ludwig Bechstein
Number: 1272

Course: 1.20 km
Schülerlauf mittel

Category:
männlich, AK 11

Total time: 5:41

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 232 (of 312)

Rank in course/Men: 131 (of 150)

Best time in course: 3:35

Rank in category: 55(of 74)

Best time in the category: 4:11