



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

All Himkah, Haval

Club: RS Myconius  
Number: 1763

Course: 2.30 km  
Schülerlauf lang

Category:  
männliche Jugend B

Total time: 11:48

Speed: 11.69 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 115 (of 337)

Rank in course/Men: 86 (of 162)

Best time in course: 9:02

Rank in category: 28(of 39)

Best time in the category: 9:04