



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Apfelstädt, Jonas**

Club: GS Geschw.Scholl Dachwig  
Number: 1139

Course: 1.20 km  
Schülerlauf mittel

Category:  
männlich, AK 10

Total time: 4:27

Speed: 13.48 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 53 (of 312)

Rank in course/Men: 49 (of 150)

Best time in course: 3:35

Rank in category: 41(of 76)

Best time in the category: 3:35