



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Ponomarev, Maxim

Club: GS P.A.Hansen

Number: 1426

Course: 1.20 km

Schülerlauf mittel

Category:

männlich, AK 10

Total time: 4:56

Speed: 12.16 km/h

Running performance: 4:07 min/km

Rank in course/Total: 112 (of 312)

Rank in course/Men: 90 (of 150)

Best time in course: 3:35

Rank in category: 62(of 76)

Best time in the category: 3:35