



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Hammer, Nils

Club: GS Ludwig Bechstein

Number: 1306

Course: 1.20 km

Schülerlauf mittel

Category:

männlich, AK 10

Total time: 5:11

Speed: 11.58 km/h

Running performance: 4:19 min/km

Rank in course/Total: 147 (of 312)

Rank in course/Men: 109 (of 150)

Best time in course: 3:35

Rank in category: 70(of 76)

Best time in the category: 3:35