



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Lang, Alicia

Club: GS Ludwig Bechstein

Number: 1323

Course: 1.20 km

Schülerlauf mittel

Category:

weiblich, AK 10

Total time: 5:43

Speed: 10.50 km/h

Running performance: 4:46 min/km

Rank in course/Total: 237 (of 312)

Rank in course/Women: 104 (of 162)

Best time in course: 4:20

Rank in category: 50(of 82)

Best time in the category: 4:25