



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Helm, Gesine

Club: GS P.A.Hansen
Number: 1432

Course: 1.20 km
Schülerlauf mittel

Category:
weiblich, AK 10

Total time: 5:46

Speed: 10.40 km/h
Running performance: 4:49 min/km

Rank in course/Total: 241 (of 312)
Rank in course/Women: 107 (of 162)
Best time in course: 4:20

Rank in category: 52(of 82)
Best time in the category: 4:25