



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

## Detailed evaluation

**Ploch, Nadine**

Club: Arnoldschule

Number: 826

Course: 2.30 km

Schülerlauf lang

Category:

weiblich Jugend A

Total time: 14:19

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 232 (of 337)

Rank in course/Women: 93 (of 175)

Best time in course: 9:11

Rank in category: 4(of 19)

Best time in the category: 11:35