



AOK Plus City-Lauf Gotha  
Gotha / 10.05.2009

## Detailed evaluation

**Sahlmüller, Helena**

Club: SGS Josias Friedrich Löffler  
Number: 1975

Course: 0.80 km  
Schülerlauf kurz

Category:  
weiblich, AK 9

Total time: 5:50

Speed: 0.00 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 395 (of 448)  
Rank in course/Women: 193 (of 231)  
Best time in course: 3:43

Rank in category: 88(of 96)  
Best time in the category: 3:43