



AOK Plus City-Lauf Gotha

Gotha / 10.05.2009

Detailed evaluation

Flessa, Niclas

Club: GS Ludwig Bechstein

Number: 1377

Course: 0.80 km

Schülerlauf kurz

Category:

männlich, AK 8

Total time: 4:35

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 152 (of 448)

Rank in course/Men: 98 (of 217)

Best time in course: 3:38

Rank in category: 33(of 83)

Best time in the category: 3:52