



# dayfit City-Lauf Gotha - 17. Gothaer City-Lauf

Gotha / 25.04.2010

## Detailed evaluation

**Ruck, Susanne**

Club: Gotha

Number: 1815

Course: 10.00 km

City-Lauf

Category:

Frauen W40

Total time: 1:02:06

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 191 (of 212)

Rank in course/Women: 31 (of 42)

Best time in course: 37:17

Rank in category: 9(of 11)

Best time in the category: 40:14