



dayfit City-Lauf Gotha - 19. Gothaer City-Lauf  
Gotha / 29.04.2012

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich  
Number: 130

Course: 10.50 km  
City-Lauf

Category:  
Frauen W45

Total time: 1:08:36

Speed: 8.75 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 152 (of 186)

Rank in course/Women: 19 (of 32)

Best time in course: 50:05

Rank in category: 7(of 10)

Best time in the category: 50:05