



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Semjonowa, Tanja**

Club: LFV Oberholz

Number: 341

Course: 9.67 km

10 km-Lauf

Category:

Frauen W45

Total time: 41:22

Speed: 13.05 km/h

Running performance: 4:17 min/km

Rank in course/Total: 70 (of 265)

Rank in course/Women: 3 (of 71)

Best time in course: 37:42

Rank in category: 1(of 10)

Best time in the category: 41:22