



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

Hörhold, Sylvia

Club: SC DHfK Leipzig

Number: 165

Course: 9.67 km

10 km-Lauf

Category:

Frauen W30

Total time: 43:53

Speed: 12.31 km/h

Running performance: 4:32 min/km

Rank in course/Total: 104 (of 265)

Rank in course/Women: 5 (of 71)

Best time in course: 37:42

Rank in category: 1(of 6)

Best time in the category: 43:53