



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Zabell, Nadja

Club: Wermsdorf, OT Lupp

Number: 338

Course: 9.67 km

10 km-Lauf

Category:

Frauen W40

Total time: 45:51

Speed: 11.78 km/h

Running performance: 4:44 min/km

Rank in course/Total: 127 (of 265)

Rank in course/Women: 10 (of 71)

Best time in course: 37:42

Rank in category: 2(of 13)

Best time in the category: 40:31