



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Bock, Manuela

Club: LC Auensee Leipzig

Number: 363

Course: 9.67 km

10 km-Lauf

Category:

Frauen W30

Total time: 47:02

Speed: 11.48 km/h

Running performance: 4:52 min/km

Rank in course/Total: 143 (of 265)

Rank in course/Women: 13 (of 71)

Best time in course: 37:42

Rank in category: 2(of 6)

Best time in the category: 43:53