



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Gündel, Ulrike

Club: Einheit Greiz

Number: 153

Course: 9.67 km

10 km-Lauf

Category:

Frauen W20

Total time: 47:44

Speed: 11.31 km/h

Running performance: 4:56 min/km

Rank in course/Total: 149 (of 265)

Rank in course/Women: 15 (of 71)

Best time in course: 37:42

Rank in category: 3(of 12)

Best time in the category: 44:17