



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Lestschinski, Katrin

Club: SV Olympia 1896

Number: 352

Course: 9.67 km

10 km-Lauf

Category:

Frauen W45

Total time: 48:23

Speed: 11.16 km/h

Running performance: 5:00 min/km

Rank in course/Total: 156 (of 265)

Rank in course/Women: 17 (of 71)

Best time in course: 37:42

Rank in category: 5(of 10)

Best time in the category: 41:22