



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Rudolf, Steffi

Club: LC Auensee Leipzig

Number: 258

Course: 9.67 km

10 km-Lauf

Category:

Frauen W40

Total time: 50:47

Speed: 10.63 km/h

Running performance: 5:15 min/km

Rank in course/Total: 177 (of 265)

Rank in course/Women: 24 (of 71)

Best time in course: 37:42

Rank in category: 3(of 13)

Best time in the category: 40:31