



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Irmert, Heike

Club: TSV 1893 Leipzig-Wahren

Number: 380

Course: 9.67 km

10 km-Lauf

Category:

Frauen W40

Total time: 51:18

Speed: 10.53 km/h

Running performance: 5:19 min/km

Rank in course/Total: 181 (of 265)

Rank in course/Women: 26 (of 71)

Best time in course: 37:42

Rank in category: 4(of 13)

Best time in the category: 40:31