



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Woigk, Constanze

Club: LG Motor Nord

Number: 368

Course: 9.67 km

10 km-Lauf

Category:

Frauen W45

Total time: 52:13

Speed: 10.34 km/h

Running performance: 5:24 min/km

Rank in course/Total: 193 (of 265)

Rank in course/Women: 29 (of 71)

Best time in course: 37:42

Rank in category: 6(of 10)

Best time in the category: 41:22