



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Könnecke, Hannelore

Club: Leipzig

Number: 191

Course: 9.67 km

10 km-Lauf

Category:

Frauen W55

Total time: 53:07

Speed: 10.17 km/h

Running performance: 5:29 min/km

Rank in course/Total: 204 (of 265)

Rank in course/Women: 33 (of 71)

Best time in course: 37:42

Rank in category: 3(of 5)

Best time in the category: 50:17