



7. Frühjahrslauf des BSV AOK Leipzig  
Leipzig / 21.03.2009

Detailed evaluation

**Förster, Susanne**

Club: BSV AOK Leipzig e.V.  
Number: 135

Course: 9.67 km  
10 km-Lauf

Category:  
Frauen W35

Total time: 54:29

Speed: 9.91 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 212 (of 265)

Rank in course/Women: 37 (of 71)

Best time in course: 37:42

Rank in category: 5(of 9)

Best time in the category: 37:42