



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Holke, Karin**

Club: LC Auensee Leipzig

Number: 161

Course: 9.67 km

10 km-Lauf

Category:

Frauen W45

Total time: 54:31

Speed: 9.91 km/h

Running performance: 5:38 min/km

Rank in course/Total: 213 (of 265)

Rank in course/Women: 38 (of 71)

Best time in course: 37:42

Rank in category: 7(of 10)

Best time in the category: 41:22