



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Freistedt, Sarah

Club: HSG Rückmarsdorf

Number: 136

Course: 9.67 km

10 km-Lauf

Category:

Frauen W20

Total time: 59:45

Speed: 9.04 km/h

Running performance: 6:11 min/km

Rank in course/Total: 235 (of 265)

Rank in course/Women: 50 (of 71)

Best time in course: 37:42

Rank in category: 10(of 12)

Best time in the category: 44:17