



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Streichardt, Ilona**

Club: Erfurt  
Number: 288

Course: 9.67 km  
10 km-Lauf

Category:  
Frauen W50

Total time: 1:01:55

Speed: 8.72 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 247 (of 265)

Rank in course/Women: 60 (of 71)

Best time in course: 37:42

Rank in category: 8(of 9)

Best time in the category: 44:23