



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Nowak, Stefanie**

Club: Leipziger Triathlon e.V.

Number: 139

Course: 10.00 km

10 km-Lauf

Category:

Frauen W20

Total time: 50:59

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 151 (of 245)

Rank in course/Women: 20 (of 63)

Best time in course: 38:52

Rank in category: 7(of 14)

Best time in the category: 39:32