



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Rudolf, Steffi

Club: LC Auensee Leipzig

Number: 144

Course: 10.00 km

10 km-Lauf

Category:

Frauen W45

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 177 (of 245)

Rank in course/Women: 29 (of 63)

Best time in course: 38:52

Rank in category: 7(of 13)

Best time in the category: 43:22