



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Irmert, Heike

Club: LC Auensee Leipzig

Number: 121

Course: 10.00 km

10 km-Lauf

Category:

Frauen W45

Total time: 58:36

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 204 (of 245)

Rank in course/Women: 36 (of 63)

Best time in course: 38:52

Rank in category: 9(of 13)

Best time in the category: 43:22