



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Rischka, Heike**

Club: VS Leipzig

Number: 143

Course: 10.00 km

10 km-Lauf

Category:

Frauen W40

Total time: 1:02:09

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 220 (of 245)

Rank in course/Women: 46 (of 63)

Best time in course: 38:52

Rank in category: 8(of 9)

Best time in the category: 38:52