



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Plank, Charis**

Club: BSV AOK Leipzig e.V.

Number: 162

Course: 10.00 km

10 km-Lauf

Category:

Frauen W35

Total time: 1:05:08

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 229 (of 245)

Rank in course/Women: 53 (of 63)

Best time in course: 38:52

Rank in category: 3(of 3)

Best time in the category: 1:00:02