



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Münch, Ilona**

Club: SV Lok Nordost Leipzig

Number: 135

Course: 10.00 km

10 km-Lauf

Category:

Frauen W45

Total time: 1:05:15

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 230 (of 245)

Rank in course/Women: 54 (of 63)

Best time in course: 38:52

Rank in category: 13(of 13)

Best time in the category: 43:22