



1. Leipziger Volksbank Frauenlauf
Leipzig / 09.05.2010

Detailed evaluation

Pönisch, Ivonne

Club: BSV AOK Leipzig e.V.
Number: 256

Course: 5.00 km
5 km-Lauf

Category:
Frauen W20

Total time: 28:15

Speed: 10.62 km/h
Running performance: 5:39 min/km

Rank in course: 125 (of 433)

Best time in course: 18:16

Rank in category: 32(of 117)

Best time in the category: 18:16