



1. Leipziger Volksbank Frauenlauf  
Leipzig / 09.05.2010

Detailed evaluation

Mroczkowsky, Heidemarie

Club: Leipzig  
Number: 500

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen W65

Total time: 30:05

Speed: 9.97 km/h  
Running performance: 6:01 min/km

Rank in course: 203 (of 433)

Best time in course: 18:16

Rank in category: 1(of 3)

Best time in the category: 30:05