



# 1. Leipziger Volksbank Frauenlauf

Leipzig / 09.05.2010

## Detailed evaluation

**Langwald, Monika**

Club: Leipzig

Number: 199

Course: 5.00 km

5 km-Lauf

Category:

Frauen W20

Total time: 30:16

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course: 215 (of 433)

Best time in course: 18:16

Rank in category: 55(of 117)

Best time in the category: 18:16