



# 1. Leipziger Volksbank Frauenlauf

Leipzig / 09.05.2010

## Detailed evaluation

**Bennemann, Heidi**

Club: Leipzig

Number: 20

Course: 5.00 km

5 km-Lauf

Category:

Frauen W45

Total time: 30:59

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course: 252 (of 433)

Best time in course: 18:16

Rank in category: 33(of 54)

Best time in the category: 23:51