



1. Leipziger Volksbank Frauenlauf

Leipzig / 09.05.2010

Detailed evaluation

Lamkewitz, Nancy

Club: LG-exa

Number: 194

Course: 5.00 km

5 km-Lauf

Category:

Frauen W30

Total time: 19:56

Speed: 15.05 km/h

Running performance: 3:59 min/km

Rank in course: 2 (of 433)

Best time in course: 18:16

Rank in category: 1(of 67)

Best time in the category: 19:56