



1. Leipziger Volksbank Frauenlauf  
Leipzig / 09.05.2010

Detailed evaluation

**Seifert, Romy**

Club: Leipzig  
Number: 318

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen W30

Total time: 34:57

Speed: 8.58 km/h  
Running performance: 6:59 min/km

Rank in course: 375 (of 433)

Best time in course: 18:16

Rank in category: 62(of 67)

Best time in the category: 19:56