



1. Leipziger Volksbank Frauenlauf  
Leipzig / 09.05.2010

Detailed evaluation

Helweg, Susanne

Club: Leipzig  
Number: 116

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen W40

Total time: 34:59

Speed: 8.58 km/h  
Running performance: 7:00 min/km

Rank in course: 376 (of 433)

Best time in course: 18:16

Rank in category: 70(of 76)

Best time in the category: 21:39