



1. Leipziger Volksbank Frauenlauf  
Leipzig / 09.05.2010

Detailed evaluation

Helbig, Nadine

Club: OEWA Wasser und Abwasser GmbH  
Number: 115

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen W30

Total time: 27:19

Speed: 10.98 km/h  
Running performance: 5:28 min/km

Rank in course: 95 (of 433)

Best time in course: 18:16

Rank in category: 21(of 67)

Best time in the category: 19:56