



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Nowak, Stefanie**

Club: Leipziger Triathlon e.V.

Number: 377

Course: 10.00 km

10 km-Lauf

Category:

Frauen W20

Total time: 49:30

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 150 (of 270)

Rank in course/Women: 15 (of 71)

Best time in course: 38:08

Rank in category: 5(of 15)

Best time in the category: 41:00