



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Krause, Heyka**

Club: LG exa Leipzig

Number: 187

Course: 10.00 km

10 km-Lauf

Category:

Frauen W30

Total time: 53:33

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 194 (of 270)

Rank in course/Women: 32 (of 71)

Best time in course: 38:08

Rank in category: 3(of 8)

Best time in the category: 49:47