



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Irmert, Heike**

Club: LC Auensee Leipzig

Number: 176

Course: 10.00 km

10 km-Lauf

Category:

Frauen W45

Total time: 53:58

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 197 (of 270)

Rank in course/Women: 34 (of 71)

Best time in course: 38:08

Rank in category: 7(of 11)

Best time in the category: 47:28