



## 10. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 17.03.2012

### Detailed evaluation

**Nowak, Stefanie**

Club: Leipziger Triathlon

Number: 146

Course: 10.55 km

10 km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 53:08

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 148 (of 273)

Rank in course/Women: 20 (of 73)

Best time in course: 41:44

Rank in category: 5(of 15)

Best time in the category: 43:30