



10. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 17.03.2012

Detailed evaluation

Rudolf, Steffi

Club: LC Auensee Leipzig

Number: 405

Course: 10.55 km

10 km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 56:48

Speed: 10.56 km/h

Running performance: 5:23 min/km

Rank in course/Total: 190 (of 273)

Rank in course/Women: 37 (of 73)

Best time in course: 41:44

Rank in category: 8(of 13)

Best time in the category: 47:38