



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Langnickel, Rita

Club: SC DHfK Leipzig

Number: 413

Course: 5.50 km

5 km-Fitnesslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 40:30

Speed: 7.41 km/h

Running performance: 7:22 min/km

Rank in course/Total: 30 (of 31)

Rank in course/Women: 19 (of 20)

Best time in course: 27:18

Rank in category: 5(of 5)

Best time in the category: 33:25