



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Roscher, Frank**

Club: SG Nord Leipzig

Number: 463

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 40:22

Speed: 13.38 km/h

Running performance: 4:10 min/km

Rank in course/Total: 54 (of 265)

Rank in course/Men: 53 (of 194)

Best time in course: 32:34

Rank in category: 7(of 20)

Best time in the category: 36:56