



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Thomas, Manfred

Club: LFV Oberholz

Number: 289

Course: 9.67 km

10 km-Lauf

Category:

Männer M50

Total time: 40:28

Speed: 13.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 56 (of 265)

Rank in course/Men: 55 (of 194)

Best time in course: 32:34

Rank in category: 3(of 14)

Best time in the category: 37:00