



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Frost, Frank

Club: Beucha

Number: 355

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 40:48

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 61 (of 265)

Rank in course/Men: 59 (of 194)

Best time in course: 32:34

Rank in category: 7(of 37)

Best time in the category: 32:46