



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Keitz, Ralf**

Club: Leipziger Triathlon e.V.

Number: 175

Course: 9.67 km

10 km-Lauf

Category:

Männer M55

Total time: 41:26

Speed: 13.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 73 (of 265)

Rank in course/Men: 70 (of 194)

Best time in course: 32:34

Rank in category: 1(of 8)

Best time in the category: 41:26