



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Knies, Dietmar

Club: LC Auensee Leipzig

Number: 186

Course: 9.67 km

10 km-Lauf

Category:

Männer M55

Total time: 41:45

Speed: 12.93 km/h

Running performance: 4:19 min/km

Rank in course/Total: 76 (of 265)

Rank in course/Men: 73 (of 194)

Best time in course: 32:34

Rank in category: 2(of 8)

Best time in the category: 41:26