



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Michalke, Steffen

Club: BSV AOK Leipzig e.V.

Number: 215

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 41:53

Speed: 12.89 km/h

Running performance: 4:20 min/km

Rank in course/Total: 79 (of 265)

Rank in course/Men: 76 (of 194)

Best time in course: 32:34

Rank in category: 13(of 37)

Best time in the category: 32:46