



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Abel, Volkmar**

Club: Epo-Bauer

Number: 425

Course: 4.83 km

Fitnesslauf

Category:

Männer

Total time: 20:10

Speed: 11.90 km/h

Running performance: 4:11 min/km

Rank in course/Total: 2 (of 20)

Rank in course/Men: 2 (of 12)

Best time in course: 20:01

Rank in category: 2(of 12)

Best time in the category: 20:01