



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Hercher, Frank**

Club: LG eXa Leipzig e. V.

Number: 396

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 42:24

Speed: 12.74 km/h

Running performance: 4:23 min/km

Rank in course/Total: 87 (of 265)

Rank in course/Men: 83 (of 194)

Best time in course: 32:34

Rank in category: 15(of 37)

Best time in the category: 32:46