



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Pilz, Stephan**

Club: RFC Markkleeberg

Number: 233

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 42:42

Speed: 12.65 km/h

Running performance: 4:25 min/km

Rank in course/Total: 90 (of 265)

Rank in course/Men: 86 (of 194)

Best time in course: 32:34

Rank in category: 19(of 29)

Best time in the category: 32:34