



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Koch, Michael

Club: SG LVB Leipzig

Number: 189

Course: 9.67 km

10 km-Lauf

Category:

Männer M65

Total time: 42:54

Speed: 12.59 km/h

Running performance: 4:26 min/km

Rank in course/Total: 92 (of 265)

Rank in course/Men: 88 (of 194)

Best time in course: 32:34

Rank in category: 1(of 13)

Best time in the category: 42:54