



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Nowak, Markus**

Club: Leipzig

Number: 225

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 43:04

Speed: 12.54 km/h

Running performance: 4:27 min/km

Rank in course/Total: 94 (of 265)

Rank in course/Men: 90 (of 194)

Best time in course: 32:34

Rank in category: 20(of 29)

Best time in the category: 32:34