



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Böhm, Frank**

Club: Markranstädt

Number: 350

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 43:14

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 96 (of 265)

Rank in course/Men: 92 (of 194)

Best time in course: 32:34

Rank in category: 11(of 20)

Best time in the category: 36:56