



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Hafkesbrink, Volker

Club: LFV Oberholz

Number: 154

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 44:28

Speed: 13.05 km/h

Running performance: 4:36 min/km

Rank in course/Total: 109 (of 265)

Rank in course/Men: 101 (of 194)

Best time in course: 32:34

Rank in category: 17(of 37)

Best time in the category: 32:46