



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Janke, Jörg

Club: Leipzig

Number: 168

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 44:37

Speed: 12.10 km/h

Running performance: 4:37 min/km

Rank in course/Total: 110 (of 265)

Rank in course/Men: 102 (of 194)

Best time in course: 32:34

Rank in category: 22(of 29)

Best time in the category: 32:34