



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Fromme, Matthias

Club: SC DHFK Leipzig

Number: 465

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 44:41

Speed: 12.09 km/h

Running performance: 4:37 min/km

Rank in course/Total: 112 (of 265)

Rank in course/Men: 104 (of 194)

Best time in course: 32:34

Rank in category: 12(of 20)

Best time in the category: 36:56