



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Tomczak, Wolf-Dieter

Club: SV Leipzig Ost

Number: 295

Course: 9.67 km

10 km-Lauf

Category:

Männer M55

Total time: 45:15

Speed: 11.93 km/h

Running performance: 4:41 min/km

Rank in course/Total: 121 (of 265)

Rank in course/Men: 112 (of 194)

Best time in course: 32:34

Rank in category: 3(of 8)

Best time in the category: 41:26