



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

Hantzsch, Mike

Club: Leipzig

Number: 453

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 45:28

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 122 (of 265)

Rank in course/Men: 113 (of 194)

Best time in course: 32:34

Rank in category: 19(of 37)

Best time in the category: 32:46