



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Pöge, Marcel

Club: Volksbank Leipzig

Number: 236

Course: 9.67 km

10 km-Lauf

Category:

Männer M20

Total time: 45:33

Speed: 11.86 km/h

Running performance: 4:43 min/km

Rank in course/Total: 123 (of 265)

Rank in course/Men: 114 (of 194)

Best time in course: 32:34

Rank in category: 22(of 31)

Best time in the category: 32:41