



7. Frühjahrslauf des BSV AOK Leipzig
Leipzig / 21.03.2009

Detailed evaluation

Friedlez, Stefan

Club: KFC-Makranstädt
Number: 455

Course: 9.67 km
10 km-Lauf

Category:
Männer M20

Total time: 45:39

Speed: 11.83 km/h
Running performance: 4:43 min/km

Rank in course/Total: 124 (of 265)

Rank in course/Men: 115 (of 194)

Best time in course: 32:34

Rank in category: 23(of 31)

Best time in the category: 32:41