



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Jäger, Thomas**

Club: SC DHfK Leipzig

Number: 166

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 46:00

Speed: 11.74 km/h

Running performance: 4:46 min/km

Rank in course/Total: 129 (of 265)

Rank in course/Men: 119 (of 194)

Best time in course: 32:34

Rank in category: 23(of 29)

Best time in the category: 32:34