



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Mewes, Volker**

Club: Leipzig

Number: 383

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 46:13

Speed: 11.68 km/h

Running performance: 4:47 min/km

Rank in course/Total: 130 (of 265)

Rank in course/Men: 120 (of 194)

Best time in course: 32:34

Rank in category: 13(of 20)

Best time in the category: 36:56