



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Bernasch, Thomas**

Club: Leipzig

Number: 377

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 46:23

Speed: 11.64 km/h

Running performance: 4:48 min/km

Rank in course/Total: 132 (of 265)

Rank in course/Men: 122 (of 194)

Best time in course: 32:34

Rank in category: 24(of 29)

Best time in the category: 32:34