



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Thoß, Michael**

Club: Borsdorf

Number: 291

Course: 9.67 km

10 km-Lauf

Category:

Männer M50

Total time: 46:27

Speed: 11.63 km/h

Running performance: 4:48 min/km

Rank in course/Total: 133 (of 265)

Rank in course/Men: 123 (of 194)

Best time in course: 32:34

Rank in category: 8(of 14)

Best time in the category: 37:00