



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Spengler, René

Club: Leipzig

Number: 284

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 46:45

Speed: 11.55 km/h

Running performance: 4:50 min/km

Rank in course/Total: 139 (of 265)

Rank in course/Men: 127 (of 194)

Best time in course: 32:34

Rank in category: 20(of 37)

Best time in the category: 32:46