



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Lohse, Elmar**

Club: LG Taucha/Leipzig

Number: 207

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 47:41

Speed: 11.32 km/h

Running performance: 4:56 min/km

Rank in course/Total: 148 (of 265)

Rank in course/Men: 134 (of 194)

Best time in course: 32:34

Rank in category: 14(of 20)

Best time in the category: 36:56