



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Nikisch, Frank

Club: LC Auensee Leipzig

Number: 223

Course: 9.67 km

10 km-Lauf

Category:

Männer M60

Total time: 48:08

Speed: 11.22 km/h

Running performance: 4:59 min/km

Rank in course/Total: 153 (of 265)

Rank in course/Men: 137 (of 194)

Best time in course: 32:34

Rank in category: 4(of 7)

Best time in the category: 39:58