



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Fröhlich, Rene

Club: Borna

Number: 137

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 48:34

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 158 (of 265)

Rank in course/Men: 140 (of 194)

Best time in course: 32:34

Rank in category: 25(of 29)

Best time in the category: 32:34