



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Ernst, Matthias**

Club: Leipzig

Number: 132

Course: 9.67 km

10 km-Lauf

Category:

Männer M20

Total time: 48:41

Speed: 11.09 km/h

Running performance: 5:02 min/km

Rank in course/Total: 160 (of 265)

Rank in course/Men: 142 (of 194)

Best time in course: 32:34

Rank in category: 27(of 31)

Best time in the category: 32:41