



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Zobel, Frank

Club: VS Panitzsch

Number: 358

Course: 9.67 km

10 km-Lauf

Category:

Männer M20

Total time: 49:33

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 168 (of 265)

Rank in course/Men: 148 (of 194)

Best time in course: 32:34

Rank in category: 29(of 31)

Best time in the category: 32:41