



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Kinkel, Volkmar

Club: Leipzig

Number: 180

Course: 9.67 km

10 km-Lauf

Category:

Männer M55

Total time: 49:54

Speed: 10.82 km/h

Running performance: 5:10 min/km

Rank in course/Total: 169 (of 265)

Rank in course/Men: 149 (of 194)

Best time in course: 32:34

Rank in category: 5(of 8)

Best time in the category: 41:26