



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Okon, Kay

Club: Merseburg

Number: 228

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 50:25

Speed: 10.71 km/h

Running performance: 5:13 min/km

Rank in course/Total: 173 (of 265)

Rank in course/Men: 152 (of 194)

Best time in course: 32:34

Rank in category: 26(of 37)

Best time in the category: 32:46