



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

Preis, Frank

Club: Leipzig

Number: 239

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 51:35

Speed: 10.47 km/h

Running performance: 5:20 min/km

Rank in course/Total: 186 (of 265)

Rank in course/Men: 158 (of 194)

Best time in course: 32:34

Rank in category: 17(of 20)

Best time in the category: 36:56