



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Seifert, Uwe

Club: BSV AOK Leipzig e.V.

Number: 278

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 52:04

Speed: 10.37 km/h

Running performance: 5:23 min/km

Rank in course/Total: 191 (of 265)

Rank in course/Men: 163 (of 194)

Best time in course: 32:34

Rank in category: 30(of 37)

Best time in the category: 32:46