



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Hentze, Holger

Club: VS Leipzig

Number: 351

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 52:17

Speed: 10.33 km/h

Running performance: 5:25 min/km

Rank in course/Total: 195 (of 265)

Rank in course/Men: 166 (of 194)

Best time in course: 32:34

Rank in category: 19(of 20)

Best time in the category: 36:56