



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

Helm, Udo

Club: Leipzig

Number: 357

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 52:56

Speed: 10.20 km/h

Running performance: 5:28 min/km

Rank in course/Total: 201 (of 265)

Rank in course/Men: 169 (of 194)

Best time in course: 32:34

Rank in category: 28(of 29)

Best time in the category: 32:34