



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Schneider, Hans-Dietrich**

Club: Leipzig

Number: 268

Course: 9.67 km

10 km-Lauf

Category:

Männer M55

Total time: 53:54

Speed: 10.02 km/h

Running performance: 5:34 min/km

Rank in course/Total: 208 (of 265)

Rank in course/Men: 173 (of 194)

Best time in course: 32:34

Rank in category: 7(of 8)

Best time in the category: 41:26