



7. Frühjahrslauf des BSV AOK Leipzig  
Leipzig / 21.03.2009

Detailed evaluation

Zitsche, Matthias

Club: Berlin  
Number: 374

Course: 9.67 km  
10 km-Lauf

Category:  
Männer M40

Total time: 54:16

Speed: 9.95 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 210 (of 265)

Rank in course/Men: 175 (of 194)

Best time in course: 32:34

Rank in category: 33(of 37)

Best time in the category: 32:46