



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Grunewald, Danny

Club: Leipzig

Number: 152

Course: 9.67 km

10 km-Lauf

Category:

Männer M20

Total time: 54:53

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 216 (of 265)

Rank in course/Men: 176 (of 194)

Best time in course: 32:34

Rank in category: 31(of 31)

Best time in the category: 32:41