



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Schwarze, Ralf

Club: Leipzig

Number: 276

Course: 9.67 km

10 km-Lauf

Category:

Männer M50

Total time: 55:15

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 217 (of 265)

Rank in course/Men: 177 (of 194)

Best time in course: 32:34

Rank in category: 13(of 14)

Best time in the category: 37:00