



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Abi, Joseph**

Club: Leipzig

Number: 330

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 57:00

Speed: 9.47 km/h

Running performance: 5:53 min/km

Rank in course/Total: 227 (of 265)

Rank in course/Men: 183 (of 194)

Best time in course: 32:34

Rank in category: 35(of 37)

Best time in the category: 32:46