



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Köhler, Manfred

Club: LC Auensee Leipzig

Number: 190

Course: 9.67 km

10 km-Lauf

Category:

Männer M65

Total time: 58:20

Speed: 9.26 km/h

Running performance: 6:02 min/km

Rank in course/Total: 231 (of 265)

Rank in course/Men: 185 (of 194)

Best time in course: 32:34

Rank in category: 10(of 13)

Best time in the category: 42:54