



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Koch, Karl-Heinz**

Club: SV Leipzig Ost

Number: 188

Course: 9.67 km

10 km-Lauf

Category:

Männer M65

Total time: 1:02:23

Speed: 8.66 km/h

Running performance: 6:27 min/km

Rank in course/Total: 253 (of 265)

Rank in course/Men: 189 (of 194)

Best time in course: 32:34

Rank in category: 11(of 13)

Best time in the category: 42:54