



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Kasach, Daniel**

Club: TV Ruppichteroth

Number: 369

Course: 9.67 km

10 km-Lauf

Category:

Männer M20

Total time: 34:55

Speed: 15.47 km/h

Running performance: 3:37 min/km

Rank in course/Total: 11 (of 265)

Rank in course/Men: 11 (of 194)

Best time in course: 32:34

Rank in category: 4(of 31)

Best time in the category: 32:41