



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Speer, Ronald

Club: LG eXa Leipzig e. V.

Number: 398

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 36:29

Speed: 14.80 km/h

Running performance: 3:46 min/km

Rank in course/Total: 19 (of 265)

Rank in course/Men: 19 (of 194)

Best time in course: 32:34

Rank in category: 2(of 37)

Best time in the category: 32:46