



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Siebert, Dirk**

Club: Leipzig Marathon e.V.

Number: 280

Course: 9.67 km

10 km-Lauf

Category:

Männer M40

Total time: 36:48

Speed: 14.67 km/h

Running performance: 3:49 min/km

Rank in course/Total: 20 (of 265)

Rank in course/Men: 20 (of 194)

Best time in course: 32:34

Rank in category: 3(of 37)

Best time in the category: 32:46