



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Ruschke, Malte**

Club: omniphon Leipzig

Number: 259

Course: 9.67 km

10 km-Lauf

Category:

Männer M30

Total time: 37:14

Speed: 14.50 km/h

Running performance: 3:51 min/km

Rank in course/Total: 25 (of 265)

Rank in course/Men: 25 (of 194)

Best time in course: 32:34

Rank in category: 6(of 29)

Best time in the category: 32:34