



## 7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

### Detailed evaluation

**Thomas, Kai**

Club: LFV Oberholz e.V.

Number: 376

Course: 9.67 km

10 km-Lauf

Category:

Männer M20

Total time: 39:23

Speed: 13.71 km/h

Running performance: 4:04 min/km

Rank in course/Total: 44 (of 265)

Rank in course/Men: 43 (of 194)

Best time in course: 32:34

Rank in category: 14(of 31)

Best time in the category: 32:41