



7. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 21.03.2009

Detailed evaluation

Adapoe, Thomas

Club: Adapoe Sport

Number: 370

Course: 9.67 km

10 km-Lauf

Category:

Männer M45

Total time: 39:30

Speed: 13.67 km/h

Running performance: 4:05 min/km

Rank in course/Total: 45 (of 265)

Rank in course/Men: 44 (of 194)

Best time in course: 32:34

Rank in category: 5(of 20)

Best time in the category: 36:56