



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Vörkel, Rolf**

Club: Leipziger Triathlon e.V.

Number: 350

Course: 10.00 km

10 km-Lauf

Category:

Männer M50

Total time: 41:20

Speed: 14.52 km/h

Running performance: 4:08 min/km

Rank in course/Total: 52 (of 245)

Rank in course/Men: 50 (of 182)

Best time in course: 33:27

Rank in category: 5(of 20)

Best time in the category: 36:31