



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Keitz, Ralf**

Club: Leipziger Triathlon e.V.

Number: 273

Course: 10.00 km

10 km-Lauf

Category:

Männer M55

Total time: 42:55

Speed: 13.98 km/h

Running performance: 4:17 min/km

Rank in course/Total: 71 (of 245)

Rank in course/Men: 68 (of 182)

Best time in course: 33:27

Rank in category: 4(of 14)

Best time in the category: 38:53