



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Kräcker, Heiko**

Club: Borna  
Number: 362

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M50

Total time: 43:12

Speed: 13.89 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 75 (of 245)

Rank in course/Men: 72 (of 182)

Best time in course: 33:27

Rank in category: 9(of 20)

Best time in the category: 36:31