



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Knies, Dietmar

Club: LC Auensee Leipzig

Number: 277

Course: 10.00 km

10 km-Lauf

Category:

Männer M55

Total time: 44:01

Speed: 13.63 km/h

Running performance: 4:24 min/km

Rank in course/Total: 84 (of 245)

Rank in course/Men: 79 (of 182)

Best time in course: 33:27

Rank in category: 5(of 14)

Best time in the category: 38:53