



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Hafkesbrink, Volker**

Club: LFV Oberholz

Number: 262

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 45:37

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 100 (of 245)

Rank in course/Men: 94 (of 182)

Best time in course: 33:27

Rank in category: 10(of 20)

Best time in the category: 33:39