



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Nowak, Markus

Club: VS Leipzig

Number: 217

Course: 10.00 km

10 km-Lauf

Category:

Männer M35

Total time: 45:50

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 102 (of 245)

Rank in course/Men: 96 (of 182)

Best time in course: 33:27

Rank in category: 15(of 24)

Best time in the category: 37:04