



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Helbig, Jan-Paul

Club: SG LVB Leipzig

Number: 265

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 46:42

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 110 (of 245)

Rank in course/Men: 103 (of 182)

Best time in course: 33:27

Rank in category: 19(of 27)

Best time in the category: 33:36