



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Spengler, René**

Club: VS Leipzig

Number: 337

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 46:54

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 113 (of 245)

Rank in course/Men: 105 (of 182)

Best time in course: 33:27

Rank in category: 11(of 20)

Best time in the category: 33:39