



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Tomczak, Wolf-Dieter

Club: SV Leipzig Ost

Number: 345

Course: 10.00 km

10 km-Lauf

Category:

Männer M55

Total time: 47:15

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 118 (of 245)

Rank in course/Men: 109 (of 182)

Best time in course: 33:27

Rank in category: 7(of 14)

Best time in the category: 38:53