



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Nowak, Danilo**

Club: VS Leipzig

Number: 302

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 137 (of 245)

Rank in course/Men: 121 (of 182)

Best time in course: 33:27

Rank in category: 21(of 27)

Best time in the category: 33:36