



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Lohse, Elmar**

Club: LG Taucha / Leipzig

Number: 213

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 50:27

Speed: 11.89 km/h

Running performance: 5:02 min/km

Rank in course/Total: 147 (of 245)

Rank in course/Men: 129 (of 182)

Best time in course: 33:27

Rank in category: 15(of 20)

Best time in the category: 33:39