



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Nikisch, Frank**

Club: LC Auensee Leipzig

Number: 216

Course: 10.00 km

10 km-Lauf

Category:

Männer M60

Total time: 51:13

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 155 (of 245)

Rank in course/Men: 134 (of 182)

Best time in course: 33:27

Rank in category: 8(of 10)

Best time in the category: 41:12