



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Lorek, René**

Club: VS Groitzsch

Number: 292

Course: 10.00 km

10 km-Lauf

Category:

Männer M40

Total time: 52:07

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 165 (of 245)

Rank in course/Men: 141 (of 182)

Best time in course: 33:27

Rank in category: 21(of 26)

Best time in the category: 36:17