



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Berger, Frank

Club: Volksbank Leipzig

Number: 191

Course: 10.00 km

10 km-Lauf

Category:

Männer M40

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 186 (of 245)

Rank in course/Men: 155 (of 182)

Best time in course: 33:27

Rank in category: 25(of 26)

Best time in the category: 36:17