



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Köppen, Ulf**

Club: BSV AOK Leipzig e.V.

Number: 280

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 55:00

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 189 (of 245)

Rank in course/Men: 157 (of 182)

Best time in course: 33:27

Rank in category: 19(of 20)

Best time in the category: 33:39