



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Morche, Uwe**

Club: LRC MiAelsachsen

Number: 381

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 56:00

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 195 (of 245)

Rank in course/Men: 161 (of 182)

Best time in course: 33:27

Rank in category: 26(of 27)

Best time in the category: 33:36