



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Millgramm, Karl-Heinz

Club: SG Olympia 1896 Leipzig e.V.

Number: 397

Course: 10.00 km

10 km-Lauf

Category:

Männer M60

Total time: 56:34

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 200 (of 245)

Rank in course/Men: 165 (of 182)

Best time in course: 33:27

Rank in category: 10(of 10)

Best time in the category: 41:12