



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

Schade, Dirk

Club: Leipzig

Number: 391

Course: 10.00 km

10 km-Lauf

Category:

Männer M40

Total time: 1:02:22

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 222 (of 245)

Rank in course/Men: 175 (of 182)

Best time in course: 33:27

Rank in category: 26(of 26)

Best time in the category: 36:17