



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Paul, Carsten**

Club: LG eXa Leipzig e.V.

Number: 305

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 36:55

Speed: 16.25 km/h

Running performance: 3:41 min/km

Rank in course/Total: 12 (of 245)

Rank in course/Men: 12 (of 182)

Best time in course: 33:27

Rank in category: 2(of 20)

Best time in the category: 33:39