



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Kasack, Daniel**

Club: TV 1888 Ruppichteroth

Number: 271

Course: 10.00 km

10 km-Lauf

Category:

Männer M20

Total time: 37:50

Speed: 15.86 km/h

Running performance: 3:47 min/km

Rank in course/Total: 18 (of 245)

Rank in course/Men: 18 (of 182)

Best time in course: 33:27

Rank in category: 8(of 21)

Best time in the category: 33:27