



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Ruschke, Malte

Club: SG Clara Zetkin, Leipzig

Number: 400

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 37:53

Speed: 15.84 km/h

Running performance: 3:47 min/km

Rank in course/Total: 19 (of 245)

Rank in course/Men: 19 (of 182)

Best time in course: 33:27

Rank in category: 4(of 27)

Best time in the category: 33:36