



8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

Detailed evaluation

Sägert, Manfred

Club: SC DHfK Leipzig

Number: 219

Course: 10.00 km

10 km-Lauf

Category:

Männer M55

Total time: 38:53

Speed: 15.43 km/h

Running performance: 3:53 min/km

Rank in course/Total: 30 (of 245)

Rank in course/Men: 29 (of 182)

Best time in course: 33:27

Rank in category: 1(of 14)

Best time in the category: 38:53