



## 8. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 20.03.2010

### Detailed evaluation

**Uhlmann, Marcus**

Club: VS Leipzig

Number: 347

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 41:11

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 47 (of 245)

Rank in course/Men: 45 (of 182)

Best time in course: 33:27

Rank in category: 11(of 27)

Best time in the category: 33:36