



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Haupt, Carsten**

Club: Hamburg

Number: 378

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 41:40

Speed: 14.40 km/h

Running performance: 4:10 min/km

Rank in course/Total: 59 (of 270)

Rank in course/Men: 56 (of 199)

Best time in course: 34:21

Rank in category: 6(of 24)

Best time in the category: 35:17