



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Choumane, Samir**

Club: SV-Handwerk Leipzig Triathlon

Number: 275

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 43:02

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 76 (of 270)

Rank in course/Men: 73 (of 199)

Best time in course: 34:21

Rank in category: 11(of 28)

Best time in the category: 34:35