



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Kaiser, Frank**

Club: Leipzig

Number: 284

Course: 10.00 km

10 km-Lauf

Category:

Männer M40

Total time: 43:35

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 87 (of 270)

Rank in course/Men: 84 (of 199)

Best time in course: 34:21

Rank in category: 20(of 35)

Best time in the category: 34:21