



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Rüdiger, Ralph**

Club: LCA

Number: 313

Course: 10.00 km

10 km-Lauf

Category:

Männer M50

Total time: 44:13

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 93 (of 270)

Rank in course/Men: 89 (of 199)

Best time in course: 34:21

Rank in category: 10(of 19)

Best time in the category: 37:49