



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Knies, Dietmar**

Club: LC Auensee Leipzig

Number: 185

Course: 10.00 km

10 km-Lauf

Category:

Männer M60

Total time: 44:42

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 97 (of 270)

Rank in course/Men: 92 (of 199)

Best time in course: 34:21

Rank in category: 1(of 6)

Best time in the category: 44:42