



9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

Detailed evaluation

Keitz, Ralf

Club: Leipziger Triathlon e.V.

Number: 341

Course: 10.00 km

10 km-Lauf

Category:

Männer M55

Total time: 45:08

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 104 (of 270)

Rank in course/Men: 98 (of 199)

Best time in course: 34:21

Rank in category: 4(of 14)

Best time in the category: 40:39