



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Tomczak, Wolf-Dieter**

Club: SV Leipzig Ost

Number: 259

Course: 10.00 km

10 km-Lauf

Category:

Männer M55

Total time: 45:47

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 110 (of 270)

Rank in course/Men: 104 (of 199)

Best time in course: 34:21

Rank in category: 5(of 14)

Best time in the category: 40:39