



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Thomsen, Volker**

Club: Oschatz

Number: 258

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 48:26

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 139 (of 270)

Rank in course/Men: 126 (of 199)

Best time in course: 34:21

Rank in category: 18(of 28)

Best time in the category: 34:35