



9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

Detailed evaluation

Spengler, René

Club: Leipzig

Number: 250

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 49:04

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 144 (of 270)

Rank in course/Men: 131 (of 199)

Best time in course: 34:21

Rank in category: 19(of 28)

Best time in the category: 34:35