



9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

Detailed evaluation

John, Lutz

Club: Köhra
Number: 375

Course: 10.00 km
10 km-Lauf

Category:
Männer M45

Total time: 49:57

Speed: 12.01 km/h
Running performance: 5:00 min/km

Rank in course/Total: 157 (of 270)

Rank in course/Men: 138 (of 199)

Best time in course: 34:21

Rank in category: 23(of 28)

Best time in the category: 34:35