



## 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