



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

Lesen, Christian

Club: Würzburg

Number: 340

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 57:39

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 228 (of 270)

Rank in course/Men: 181 (of 199)

Best time in course: 34:21

Rank in category: 24(of 24)

Best time in the category: 35:17