



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Sergel, Dr.Dieter**

Club: LWF Leipzig

Number: 103

Course: 10.00 km

10 km-Lauf

Category:

Männer M70

Total time: 1:03:19

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 249 (of 270)

Rank in course/Men: 190 (of 199)

Best time in course: 34:21

Rank in category: 6(of 9)

Best time in the category: 44:36