



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Koch, Karl-Heinz**

Club: SV Leipzig Ost

Number: 186

Course: 10.00 km

10 km-Lauf

Category:

Männer M65

Total time: 1:12:20

Speed: 8.29 km/h

Running performance: 7:14 min/km

Rank in course/Total: 268 (of 270)

Rank in course/Men: 197 (of 199)

Best time in course: 34:21

Rank in category: 8(of 8)

Best time in the category: 46:10