



9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

Detailed evaluation

Kasack, Daniel

Club: TV Ruppichteroth

Number: 285

Course: 10.00 km

10 km-Lauf

Category:

Männer M30

Total time: 35:24

Speed: 16.95 km/h

Running performance: 3:32 min/km

Rank in course/Total: 9 (of 270)

Rank in course/Men: 9 (of 199)

Best time in course: 34:21

Rank in category: 2(of 24)

Best time in the category: 35:17