



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Voland, Thomas**

Club: VfL Eilenburg

Number: 320

Course: 10.00 km

10 km-Lauf

Category:

Männer M40

Total time: 35:40

Speed: 16.82 km/h

Running performance: 3:34 min/km

Rank in course/Total: 11 (of 270)

Rank in course/Men: 11 (of 199)

Best time in course: 34:21

Rank in category: 3(of 35)

Best time in the category: 34:21