



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Pflüger, Volker**

Club: LFV Oberholz

Number: 125

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 39:02

Speed: 15.37 km/h

Running performance: 3:54 min/km

Rank in course/Total: 28 (of 270)

Rank in course/Men: 27 (of 199)

Best time in course: 34:21

Rank in category: 3(of 28)

Best time in the category: 34:35