



## 9. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 19.03.2011

### Detailed evaluation

**Sperling, Josef**

Club: Leipzig

Number: 132

Course: 10.00 km

10 km-Lauf

Category:

Männer M20

Total time: 39:10

Speed: 15.32 km/h

Running performance: 3:55 min/km

Rank in course/Total: 30 (of 270)

Rank in course/Men: 29 (of 199)

Best time in course: 34:21

Rank in category: 10(of 28)

Best time in the category: 34:49