



10. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 17.03.2012

Detailed evaluation

Rüdiger, Ralph

Club: LC Auensee Leipzig

Number: 210

Course: 10.55 km

10 km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:46

Speed: 12.30 km/h

Running performance: 4:37 min/km

Rank in course/Total: 106 (of 273)

Rank in course/Men: 100 (of 200)

Best time in course: 34:39

Rank in category: 10(of 19)

Best time in the category: 42:00