



10. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 17.03.2012

Detailed evaluation

Lautenschlag, Frank

Club: SV Germania 08 Rsl

Number: 350

Course: 10.55 km

10 km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 52:58

Speed: 11.33 km/h

Running performance: 5:01 min/km

Rank in course/Total: 145 (of 273)

Rank in course/Men: 126 (of 200)

Best time in course: 34:39

Rank in category: 15(of 19)

Best time in the category: 42:00