



10. Frühjahrslauf des BSV AOK Leipzig

Leipzig / 17.03.2012

Detailed evaluation

Schade, Dirk

Club: Leipzig

Number: 368

Course: 10.55 km

10 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:32

Speed: 8.75 km/h

Running performance: 6:30 min/km

Rank in course/Total: 248 (of 273)

Rank in course/Men: 189 (of 200)

Best time in course: 34:39

Rank in category: 26(of 27)

Best time in the category: 40:31