



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Rüdiger, Ralph

Club: LC Auensee Leipzig

Number: 199

Course: 11.40 km

10 km-Stadtrangelistenlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 51:17

Speed: 12.87 km/h

Running performance: 4:30 min/km

Rank in course/Total: 81 (of 237)

Rank in course/Men: 70 (of 171)

Best time in course: 38:01

Rank in category: 5(of 16)

Best time in the category: 45:34