



11. Leipziger Frühjahrslauf
Leipzig / 16.03.2013

Detailed evaluation

Illian, Raik

Club: RSV Speiche
Number: 195

Course: 11.40 km
10 km-Stadtrangelistenlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:39

Speed: 12.54 km/h
Running performance: 4:37 min/km

Rank in course/Total: 91 (of 237)

Rank in course/Men: 79 (of 171)

Best time in course: 38:01

Rank in category: 6(of 16)

Best time in the category: 45:34