



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Koch, Michael

Club: SG LVB

Number: 215

Course: 11.40 km

10 km-Stadtrangelistenlauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 53:21

Speed: 12.37 km/h

Running performance: 4:41 min/km

Rank in course/Total: 99 (of 237)

Rank in course/Men: 86 (of 171)

Best time in course: 38:01

Rank in category: 1(of 7)

Best time in the category: 53:21