



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Spengler, Rene

Club: Leipzig

Number: 191

Course: 11.40 km

10 km-Stadtrangelistenlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:37

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 133 (of 237)

Rank in course/Men: 110 (of 171)

Best time in course: 38:01

Rank in category: 16(of 21)

Best time in the category: 42:08