



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Tomczak, Wolf-Dieter

Club: SV Ost Leipzig

Number: 202

Course: 11.40 km

10 km-Stadtrangelistenlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 57:28

Speed: 11.48 km/h

Running performance: 5:02 min/km

Rank in course/Total: 140 (of 237)

Rank in course/Men: 116 (of 171)

Best time in course: 38:01

Rank in category: 8(of 10)

Best time in the category: 45:24