



11. Leipziger Frühjahrslauf  
Leipzig / 16.03.2013

Detailed evaluation

Kuphardt, Dr. Hans-Jörg

Club: SC DHfK Leipzig  
Number: 443

Course: 5.50 km  
5 km-Fitnesslauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 28:56

Speed: 10.37 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 6 (of 31)

Rank in course/Men: 5 (of 11)

Best time in course: 20:21

Rank in category: 1(of 1)

Best time in the category: 28:56