



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Sommer, Roland

Club: VS Leipzig

Number: 100

Course: 11.40 km

10 km-Stadtranglistenlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:00:25

Speed: 10.92 km/h

Running performance: 5:18 min/km

Rank in course/Total: 169 (of 237)

Rank in course/Men: 136 (of 171)

Best time in course: 38:01

Rank in category: 4(of 9)

Best time in the category: 51:17