



11. Leipziger Frühjahrslauf

Leipzig / 16.03.2013

Detailed evaluation

Freigang, Joachim

Club: Jena

Number: 401

Course: 5.50 km

5 km-Fitnesslauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 38:57

Speed: 7.70 km/h

Running performance: 7:05 min/km

Rank in course/Total: 28 (of 31)

Rank in course/Men: 11 (of 11)

Best time in course: 20:21

Rank in category: 1(of 1)

Best time in the category: 38:57