



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Keitz, Ralf

Club: Leipziger Triathlon eV  
Number: 395

Course: 15.00 km  
15.0 km

Category:  
Männer M55

Total time: 1:13:12

Speed: 12.30 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 75 (of 124)

Rank in course/Men: 65 (of 86)

Best time in course: 53:24

Rank in category: 5(of 8)

Best time in the category: 59:08