



19. Sonnenwendlauf
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Urbansky, Frank

Club: 1. FSC Halle
Number: 366

Course: 15.00 km
15.0 km

Category:
Männer M45

Total time: 1:23:01

Speed: 10.84 km/h
Running performance: 5:32 min/km

Rank in course/Total: 106 (of 124)

Rank in course/Men: 81 (of 86)

Best time in course: 53:24

Rank in category: 15(of 15)

Best time in the category: 56:22