



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

**Kowolik, Lutz**

Club: TSG 1861 Taucha  
Number: 37

Course: 10.00 km  
10.0 km

Category:  
Männer M60

Total time: 47:21

Speed: 12.67 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 10 (of 24)

Rank in course/Men: 10 (of 21)

Best time in course: 35:31

Rank in category: 2(of 5)

Best time in the category: 41:33