



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Nikisch, Frank

Club: LC Auensee Leipzig

Number: 15

Course: 10.00 km

10.0 km

Category:

Männer M60

Total time: 51:29

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 13 (of 24)

Rank in course/Men: 13 (of 21)

Best time in course: 35:31

Rank in category: 3(of 5)

Best time in the category: 41:33