



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Ruschke, Malte

Club: Omniphon Leipzig  
Number: 291

Course: 15.00 km  
15.0 km

Category:  
Männer M30

Total time: 57:17

Speed: 15.71 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 5 (of 124)

Rank in course/Men: 5 (of 86)

Best time in course: 53:24

Rank in category: 1(of 10)

Best time in the category: 57:17