



19. Sonnenwendlauf
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Delfs, Jens-Olaf

Club: SC DHfK Leipzig
Number: 399

Course: 15.00 km
15.0 km

Category:
Männer M30

Total time: 57:38

Speed: 15.62 km/h
Running performance: 3:50 min/km

Rank in course/Total: 6 (of 124)

Rank in course/Men: 6 (of 86)

Best time in course: 53:24

Rank in category: 2(of 10)

Best time in the category: 57:17