



19. Sonnenwendlauf
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Diener, Heiko

Club: Leipziger Triathlon e.V.

Number: 386

Course: 15.00 km

15.0 km

Category:

Männer M35

Total time: 58:29

Speed: 15.39 km/h

Running performance: 3:54 min/km

Rank in course/Total: 12 (of 124)

Rank in course/Men: 12 (of 86)

Best time in course: 53:24

Rank in category: 4(of 19)

Best time in the category: 53:24