



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Sägert, Manfred

Club: SC DHfK Leipzig  
Number: 255

Course: 15.00 km  
15.0 km

Category:  
Männer M55

Total time: 59:08

Speed: 15.22 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 17 (of 124)

Rank in course/Men: 16 (of 86)

Best time in course: 53:24

Rank in category: 1(of 8)

Best time in the category: 59:08