



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Lässig, David

Club: Fresh Runners  
Number: 369

Course: 15.00 km  
15.0 km

Category:  
Männer M30

Total time: 1:03:04

Speed: 14.27 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 31 (of 124)

Rank in course/Men: 28 (of 86)

Best time in course: 53:24

Rank in category: 6(of 10)

Best time in the category: 57:17