



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Arnold, Klaus

Club: Team Prag- Leipzig  
Number: 225

Course: 15.00 km  
15.0 km

Category:  
Männer M40

Total time: 1:06:06

Speed: 13.62 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 46 (of 124)

Rank in course/Men: 40 (of 86)

Best time in course: 53:24

Rank in category: 7(of 12)

Best time in the category: 59:56