



19. Sonnenwendlauf
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Rüdiger, Ralph

Club: LC Ausensee
Number: 247

Course: 15.00 km
15.0 km

Category:
Männer M50

Total time: 1:07:41

Speed: 13.30 km/h
Running performance: 4:31 min/km

Rank in course/Total: 51 (of 124)

Rank in course/Men: 45 (of 86)

Best time in course: 53:24

Rank in category: 5(of 13)

Best time in the category: 59:04