



19. Sonnenwendlauf
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Nowak, Markus

Club: Leipzig
Number: 209

Course: 15.00 km
15.0 km

Category:
Männer M30

Total time: 1:08:30

Speed: 13.14 km/h
Running performance: 4:34 min/km

Rank in course/Total: 54 (of 124)

Rank in course/Men: 48 (of 86)

Best time in course: 53:24

Rank in category: 9(of 10)

Best time in the category: 57:17