



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

Lamkewitz, Nancy

Club: SC DHfK Leipzig  
Number: 390

Course: 15.00 km  
15.0 km

Category:  
Frauen W30

Total time: 1:08:43

Speed: 13.10 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 56 (of 124)

Rank in course/Women: 7 (of 38)

Best time in course: 58:41

Rank in category: 2(of 4)

Best time in the category: 1:03:49