



19. Sonnenwendlauf  
Leipzig - Mühlwiese / 20.06.2009

Detailed evaluation

**Knies, Dietmar**

Club: LC Auensee Leipzig  
Number: 288

Course: 15.00 km  
15.0 km

Category:  
Männer M55

Total time: 1:08:50

Speed: 13.08 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 57 (of 124)

Rank in course/Men: 50 (of 86)

Best time in course: 53:24

Rank in category: 3(of 8)

Best time in the category: 59:08