



20. Sonnenwendlauf 2010
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Knies, Dietmar

Club: Leipzig
Number: 45

Course: 15.00 km
15,0 km Lauf

Category:
Männer M55

Total time: 1:09:16

Speed: 12.99 km/h
Running performance: 4:37 min/km

Rank in course/Total: 57 (of 121)

Rank in course/Men: 51 (of 85)

Best time in course: 53:17

Rank in category: 4(of 11)

Best time in the category: 1:00:50