



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Helbig, Jan-Paul

Club: SG LVB

Number: 35

Course: 15.00 km

15,0 km Lauf

Category:

Männer M30

Total time: 1:13:31

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 75 (of 121)

Rank in course/Men: 63 (of 85)

Best time in course: 53:17

Rank in category: 7(of 10)

Best time in the category: 53:17