



20. Sonnenwendlauf 2010
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Lestschinski, Frank

Club: LG Grünau
Number: 97

Course: 15.00 km
15,0 km Lauf

Category:
Männer M45

Total time: 1:15:14

Speed: 11.96 km/h
Running performance: 5:01 min/km

Rank in course/Total: 79 (of 121)

Rank in course/Men: 66 (of 85)

Best time in course: 53:17

Rank in category: 14(of 18)

Best time in the category: 57:05