



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

**Arndt, Deborah**

Club: Team Sportfreigang  
Number: 130

Course: 15.00 km  
15,0 km Lauf

Category:  
Frauen W20

Total time: 1:16:10

Speed: 11.82 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 83 (of 121)  
Rank in course/Women: 14 (of 36)  
Best time in course: 57:39

Rank in category: 4(of 8)  
Best time in the category: 57:39