



20. Sonnenwendlauf 2010
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Gadegast, Lars

Club: Leipzig

Number: 28

Course: 15.00 km

15,0 km Lauf

Category:

Männer M40

Total time: 1:16:40

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 84 (of 121)

Rank in course/Men: 70 (of 85)

Best time in course: 53:17

Rank in category: 14(of 14)

Best time in the category: 54:09