



20. Sonnenwendlauf 2010
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Nikisch, Frank

Club: LC Auensee Leipzig
Number: 335

Course: 10.00 km
10,0 km Lauf

Category:
Männer M60

Total time: 55:28

Speed: 10.82 km/h
Running performance: 5:33 min/km

Rank in course/Total: 21 (of 35)

Rank in course/Men: 17 (of 27)

Best time in course: 40:48

Rank in category: 4(of 5)

Best time in the category: 40:48