



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Krug, Michael

Club: LG Erlangen  
Number: 48

Course: 15.00 km  
15,0 km Lauf

Category:  
Männer M45

Total time: 57:05

Speed: 15.77 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 9 (of 121)

Rank in course/Men: 9 (of 85)

Best time in course: 53:17

Rank in category: 1(of 18)

Best time in the category: 57:05