



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

**Sägert, Manfred**

Club: SC DHfK Leipzig  
Number: 20

Course: 15.00 km  
15,0 km Lauf

Category:  
Männer M55

Total time: 1:00:50

Speed: 14.79 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 25 (of 121)

Rank in course/Men: 23 (of 85)

Best time in course: 53:17

Rank in category: 1(of 11)

Best time in the category: 1:00:50