



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

**Jähnigen, Matthias**

Club: Dresden  
Number: 42

Course: 15.00 km  
15,0 km Lauf

Category:  
Männer M50

Total time: 1:02:21

Speed: 14.43 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 28 (of 121)

Rank in course/Men: 26 (of 85)

Best time in course: 53:17

Rank in category: 4(of 13)

Best time in the category: 56:51