



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

**Pflüger, Volker**

Club: LFV Oberholz  
Number: 106

Course: 15.00 km  
15,0 km Lauf

Category:  
Männer M45

Total time: 1:02:50

Speed: 14.32 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 30 (of 121)

Rank in course/Men: 28 (of 85)

Best time in course: 53:17

Rank in category: 5(of 18)

Best time in the category: 57:05