



20. Sonnenwendlauf 2010
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Dr.Sergel, Dieter

Club: LWF Leipzig

Number: 301

Course: 10.00 km

10,0 km Lauf

Category:

Männer M70

Total time: 1:03:28

Speed: 9.45 km/h

Running performance: 6:21 min/km

Rank in course/Total: 29 (of 35)

Rank in course/Men: 23 (of 27)

Best time in course: 40:48

Rank in category: 6(of 9)

Best time in the category: 48:19