



20. Sonnenwendlauf 2010  
Leipzig - Mühlwiese / 19.06.2010

Detailed evaluation

Lamkewitz, nancy

Club: LG-exa Leipzig

Number: 13

Course: 15.00 km

15,0 km Lauf

Category:

Frauen W30

Total time: 1:04:48

Speed: 13.89 km/h

Running performance: 4:19 min/km

Rank in course/Total: 39 (of 121)

Rank in course/Women: 5 (of 36)

Best time in course: 57:39

Rank in category: 1(of 3)

Best time in the category: 1:04:48