



21. Sonnenwendlauf  
Leipzig - Mühlwiese / 18.06.2011

Detailed evaluation

Diener, Heiko

Club: Leipziger Triathlon e.V.  
Number: 198

Course: 15.00 km  
15,0 km Lauf

Category:  
Männer M35

Total time: 1:01:14

Speed: 14.70 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 11 (of 92)

Rank in course/Men: 11 (of 64)

Best time in course: 54:25

Rank in category: 3(of 8)

Best time in the category: 59:26