



21. Sonnenwendlauf  
Leipzig - Mühlwiese / 18.06.2011

Detailed evaluation

Seide, Rainer

Club: Leipzig  
Number: 12

Course: 15.00 km  
15,0 km Lauf

Category:  
Männer M30

Total time: 1:14:17

Speed: 12.12 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 58 (of 92)

Rank in course/Men: 52 (of 64)

Best time in course: 54:25

Rank in category: 5(of 7)

Best time in the category: 54:25