



22. Sparkassen-Sonnenwendlauf

Leipzig - Mühlwiese / 23.06.2012

Detailed evaluation

Rüdiger, Ralph

Club: LC Auensee Leipzig

Number: 29

Course: 15.30 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:09:18

Speed: 12.99 km/h

Running performance: 4:32 min/km

Rank in course/Total: 49 (of 158)

Rank in course/Men: 43 (of 114)

Best time in course: 50:36

Rank in category: 5(of 14)

Best time in the category: 1:01:24