



22. Sparkassen-Sonnenwendlauf

Leipzig - Mühlwiese / 23.06.2012

Detailed evaluation

Helm, Frank

Club: Mühltauf - Verein Eisenberg / Thür. e.V.
Number: 456

Course: 7.20 km

Walking/ Nordic Walking

Category:

Männer

Total time: 1:03:35

Speed: 6.79 km/h

Running performance: 8:50 min/km

Rank in course/Total: 4 (of 7)

Rank in course/Men: 2 (of 2)

Best time in course: 1:01:52

Rank in category: 2(of 2)

Best time in the category: 1:01:52