



22. Sparkassen-Sonnenwendlauf

Leipzig - Mühlwiese / 23.06.2012

Detailed evaluation

Seide, Rainer

Club: Leipzig

Number: 112

Course: 15.30 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:13:17

Speed: 12.28 km/h

Running performance: 4:47 min/km

Rank in course/Total: 79 (of 158)

Rank in course/Men: 71 (of 114)

Best time in course: 50:36

Rank in category: 17(of 26)

Best time in the category: 1:00:16