



## 22. Sparkassen-Sonnenwendlauf

Leipzig - Mühlwiese / 23.06.2012

### Detailed evaluation

**Tischsirek, Lars**

Club: Freshrunners.com

Number: 167

Course: 15.30 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:02:26

Speed: 14.42 km/h

Running performance: 4:05 min/km

Rank in course/Total: 18 (of 158)

Rank in course/Men: 16 (of 114)

Best time in course: 50:36

Rank in category: 3(of 19)

Best time in the category: 57:51