



## 23. Sparkassen-Sonnenwendlauf

Leipzig - Mühlwiese / 21.06.2013

### Detailed evaluation

**Rochau, Lothar**

Club: LAV Halensia

Number: 301

Course: 10.00 km

Volkslauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 43:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 2 (of 24)

Rank in course/Men: 2 (of 13)

Best time in course: 38:50

Rank in category: 1(of 1)

Best time in the category: 43:20