



23. Sparkassen-Sonnenwendlauf

Leipzig - Mühlwiese / 21.06.2013

Detailed evaluation

Richter, Ronny Heiko

Club: Leipzig

Number: 305

Course: 10.00 km

Volkslauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:21

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 14 (of 24)

Rank in course/Men: 12 (of 13)

Best time in course: 38:50

Rank in category: 5(of 5)

Best time in the category: 44:54