



24. Sparkassen Sonnenwendlauf

Leipzig - Mühlwiese / 20.06.2014

Detailed evaluation

Rüdiger, Ralph

Club: LC Auensee Leipzig

Number: 81

Course: 15.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:09:18

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 52 (of 146)

Rank in course/Men: 52 (of 108)

Best time in course: 55:29

Rank in category: 5(of 10)

Best time in the category: 1:02:18