



24. Sparkassen Sonnenwendlauf

Leipzig - Mühlwiese / 20.06.2014

Detailed evaluation

Runkel, Grit

Club: BSV AOK Leipzig

Number: 229

Course: 10.00 km

Volkslauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 55:46

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 15 (of 25)

Rank in course/Women: 2 (of 9)

Best time in course: 52:31

Rank in category: 2(of 2)

Best time in the category: 52:31