



6. Drei-Kirchen-Neujahrslauf  
Günthersleben / 18.01.2015

Detailed evaluation

Koch, Benjamin

Number: 143

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:42

Speed: 14.39 km/h

Running performance: 4:10 min/km

Rank in course/Total: 67 (of 338)

Rank in course/Men: 33 (of 260)

Best time in course: 31:03

Rank in category: 3(of 20)

Best time in the category: 37:55