



6. Drei-Kirchen-Neujahrslauf
Günthersleben / 18.01.2015

Detailed evaluation

Notnagel, Uwe

Number: 93

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:06

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 179 (of 338)

Rank in course/Men: 83 (of 260)

Best time in course: 31:03

Rank in category: 20(of 50)

Best time in the category: 38:56