



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

Trubjansky, Heiko

Number: 1120

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:32

Speed: 14.11 km/h

Running performance: 4:15 min/km

Rank in course/Total: 33 (of 142)

Rank in course/Men: 32 (of 103)

Best time in course: 31:58

Rank in category: 6(of 18)

Best time in the category: 39:03