



7. Drei-Kirchen-Neujahrslauf
Günthersleben / 17.01.2016

Detailed evaluation

Köhler, Jan

Club: Haller Fuchs

Number: 1038

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:23

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 29 (of 142)

Rank in course/Men: 28 (of 103)

Best time in course: 31:58

Rank in category: 4(of 18)

Best time in the category: 39:03