



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

ungelenk, bernd

Club: wandersleben  
Number: 1088

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 46:38

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 73 (of 142)

Rank in course/Men: 64 (of 103)

Best time in course: 31:58

Rank in category: 4(of 6)

Best time in the category: 45:02