



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

Sommerlandt, Frank

Club: Vehemare Ultras  
Number: 1114

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:36

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 80 (of 142)

Rank in course/Men: 70 (of 103)

Best time in course: 31:58

Rank in category: 15(of 17)

Best time in the category: 31:58