



7. Drei-Kirchen-Neujahrslauf
Günthersleben / 17.01.2016

Detailed evaluation

ten Doornkaat Koolman, Jan- Ulrich

Club: Erfurt
Number: 1086

Course: 10.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:02

Speed: 12.76 km/h
Running performance: 4:42 min/km

Rank in course/Total: 76 (of 142)

Rank in course/Men: 67 (of 103)

Best time in course: 31:58

Rank in category: 7(of 15)

Best time in the category: 42:02