



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

**Daniel, Michael**

Club: The Running Dads  
Number: 1009

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 49:05

Speed: 12.22 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 85 (of 142)

Rank in course/Men: 75 (of 103)

Best time in course: 31:58

Rank in category: 9(of 11)

Best time in the category: 37:27