



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