



7. Drei-Kirchen-Neujahrslauf
Günthersleben / 17.01.2016

Detailed evaluation

Topf, Ingolf

Club: SV-Günthersleben 1960
Number: 1087

Course: 10.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:59

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 111 (of 142)

Rank in course/Men: 91 (of 103)

Best time in course: 31:58

Rank in category: 5(of 6)

Best time in the category: 45:02