



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

Dörge, Volker

Club: Günthersleben-Wechmar  
Number: 1012

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 55:27

Speed: 10.82 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 112 (of 142)

Rank in course/Men: 92 (of 103)

Best time in course: 31:58

Rank in category: 6(of 6)

Best time in the category: 45:02