



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

Schönborn, Frank

Club: Lauffreunde Gotha  
Number: 1075

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 39:03

Speed: 15.36 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 15 (of 142)

Rank in course/Men: 15 (of 103)

Best time in course: 31:58

Rank in category: 1(of 18)

Best time in the category: 39:03