



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

Jost, Reiner

Number: 1151

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 40:24

Speed: 14.85 km/h

Running performance: 4:02 min/km

Rank in course/Total: 20 (of 142)

Rank in course/Men: 19 (of 103)

Best time in course: 31:58

Rank in category: 2(of 18)

Best time in the category: 39:03