



7. Drei-Kirchen-Neujahrslauf  
Günthersleben / 17.01.2016

Detailed evaluation

Koch, Benjamin

Club: XC-Gräfenhain  
Number: 1036

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 42:09

Speed: 14.23 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 25 (of 142)

Rank in course/Men: 24 (of 103)

Best time in course: 31:58

Rank in category: 4(of 15)

Best time in the category: 34:24