



8. Drei-Kirchen-Neujahrslauf  
Günthersleben-Sportplatz / 15.01.2017

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt  
Number: 1355

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 43:21

Speed: 13.84 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 31 (of 132)

Rank in course/Men: 29 (of 98)

Best time in course: 31:50

Rank in category: 1(of 9)

Best time in the category: 43:21