



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

Detailed evaluation

Rose, Maik

Club: Grimsgramsridders  
Number: 1421

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 39:25

Speed: 15.22 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 14 (of 132)

Rank in course/Men: 13 (of 98)

Best time in course: 31:50

Rank in category: 2(of 10)

Best time in the category: 37:11