



3.Lauf - Winterlaufserie 2017 des Eisenacher LV  
Creuzburg / 26.03.2017

Detailed evaluation

**THÜRINGER, Michael**

Club: DRK Mühlhausen  
Number: 499

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 31:05

Speed: 10.62 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 33 (of 41)

Rank in course/Men: 23 (of 26)

Best time in course: 20:22

Rank in category: 4(of 5)

Best time in the category: 20:54