



## 3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

### Detailed evaluation

**SEIDEL, Heike**

Club: RhönSprudel Wassersportler

Number: 97

Course: 6.12 km

Hauptlauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 52:41

Speed: 6.83 km/h

Running performance: 8:37 min/km

Rank in course/Total: 114 (of 125)

Rank in course/Women: 50 (of 58)

Best time in course: 27:26

Rank in category: 4(of 5)

Best time in the category: 42:10