



3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

Detailed evaluation

Atzert, Ralf

Club: TLV-LT Eichenzell

Number: 139

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 30:16

Speed: 11.89 km/h

Running performance: 4:57 min/km

Rank in course/Total: 14 (of 125)

Rank in course/Men: 11 (of 67)

Best time in course: 26:07

Rank in category: 1(of 9)

Best time in the category: 30:16