



## 3. Nikolauslauf Hofbieber

Hofbieber / 10.12.2017

### Detailed evaluation

Heßler, Jörg

Club: Groma

Number: 142

Course: 6.12 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 33:29

Speed: 10.75 km/h

Running performance: 5:28 min/km

Rank in course/Total: 25 (of 125)

Rank in course/Men: 20 (of 67)

Best time in course: 26:07

Rank in category: 5(of 9)

Best time in the category: 30:16